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Cover photo by Robert Reiff • Hair and makeup by Nancy Jambazian • Fitness clothing: Koya's own

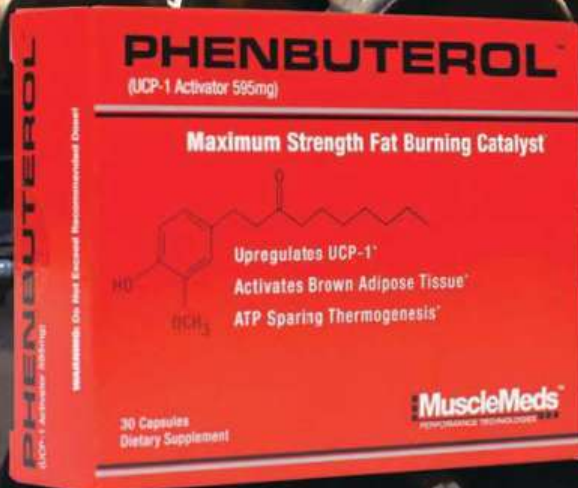
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5 foods = 30 recipes

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one side
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cover girl confidential: Koya Webb

Fitness model, life
coach and yogini Koya
Webb discusses why
she didn't go to the
Olympics and why she
did go vegan. Plus, she
shares her Lentil Burger
recipe and her latest
workout playlist!

PHOTO BY ROBERT REIFF

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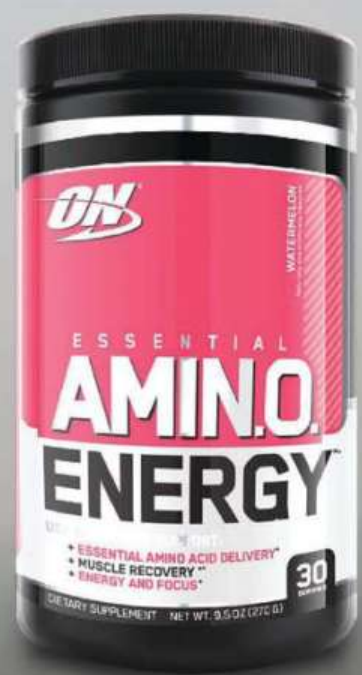
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saying no thanks
to unhealthy foods.
If I have a bite,
I'll want more!

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[in the moment]





“

**And though she be but little,
SHE IS FIERCE.”**

— WILLIAM SHAKESPEARE

Proper form trumps all

A woman's mind is often like a mental Cuisinart; we just let it spin completely out of control.

— AUTHOR DR. PAM PEEKE,
"Meditate the Pounds Away,"
Page 32



Dropping into the cover shoot, I was persuaded (dared, truthfully) to try out this yoga pose with Koya. Help!



➔ When it comes to a spotless house, I have to admit, I often fall short. Also true of ironing practically anything, scrubbing cooking pots and growing almost anything (other than succulents, which even I haven't killed!).

But when it comes to lifting, I'm a bit of a stickler. I've been in those classes at my gym (which will remain unnamed) where my fellow participants lift way too fast with improper form just to keep up with the music and the instructor. And I've attended fitness conferences where the presenter advocates fast and furious without encouraging proper form. And then there are the Spin classes where instructors turn up the resistance on someone's bike without knowing why he or she may not want to put the hammer down on any particular day. The other day in the gym, I actually saw a guy doing a behind-the-neck pulldown, a highly questionable exercise I've never liked.

To me, the most important part of lifting weights — be it dumbbells, kettlebells, barbells or a medicine ball — is getting it right. And if it means slowing down or working with lighter weight and then progressively increasing it, then so be it. After all, that's why it's called progressive resistance training. There's also the issue of what the professionals refer to as "time under load." Simply put, for a great majority of us, the more time you spend going from the start of the rep to the end, the better the results will be. Sure, there are times when speed, whether fast or super slow, will break a plateau for you, but otherwise, work steadily rep after rep, getting the most out of each one.

I personally love the focus it takes to do an effective strength-training workout. So here's what I want you to do on your next workout: Focus on it. Don't think about what you have to buy at the grocery store or when you have to pick up the kids or how many tasks you have to complete before the end of the day. Just focus on the hour or more workout you have in front of you — think about the proper form and what you may have to change if there isn't a bench, the cable machine is packed or all the weights you want are in use. Focus on completing the rep in front of you, not about the last rep of a set.

Focus on it and it alone.
And then enjoy — get into the rhythm of the weights, into the flow of the workout, and, afterward, give yourself a pat on the back. You deserve it.

Stay in touch,

Diane

DIANE HART
EDITOR-IN-CHIEF
@dianeoxymag

P.S. Check out our new Mom Up! column (Page 86) in this issue — we listened to many of you who wanted us to talk to fit moms and this is our first one!



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Shout out!

Oxygen readers never hold back.
Here's what you told us this month.



» **Timeless advice**
My daughter is a strong proponent of your magazine and gave me a subscription. I am now a devout reader of your wonderful magazine that is as timeless and meaningful to me as it is to my daughter. It's rare to find a magazine that touches on the mind-body-spirit of women of all ages. Thank you!

— IRIS, VIA EMAIL

Where is physical therapy?

I love your magazine! However, I was surprised to see that your article "Train With Pain?" in the July issue did not mention physical therapy as an available option to treat acute or chronic pain. As a physical therapist, I use massage and TENS (transcutaneous electrical nerve stimulation). However, most important, I teach my patients how to move more efficiently to help alleviate current pain as well as prevent future pains from occurring. Exercise is a great way to relieve many types of pain when performed correctly.

— MELISSA, VIA EMAIL

EDITOR'S NOTE:
ABSOLUTELY CORRECT, MELISSA! WE CAN ALWAYS DEPEND ON THE OXYGEN AUDIENCE TO POINT OUT AN OMISSION AND YOU ARE RIGHT ON THE MARK.

Together forever

First off, I love reading your magazine — together we've been through several years in the military, including deployment and training. I'm happy your magazine features all women of all ages. My only issue is that there will always be readers who are never satisfied. We women need to help build each other up, not tear each other down, and this should include women's magazines. I'm grateful Oxygen is diverse just like all of us women. Please continue to be the best women's fitness magazine: You'll have a lifetime reader!

— WENDY, VIA EMAIL

Loved the Oxygen Challenge!

I watched the intro video from both Amanda and Erin and couldn't decide, so I purchased both programs. I started later than everyone else, but what sold me was the fact that the program doesn't expire and will always

be available for me to go back to. The guidance from these two women and their personable style kept me hanging in there. Thanks!

— TAMARA, VIA EMAIL

Research matters

I love your magazine. As a trained exercise physiologist, now university administrator, I appreciate what your articles convey to your readers. I have one request — when you report research articles, could you provide the reference? Often, I like to go back and read the whole thing for context. Thank you.

— LORETO JACKSON, PH.D.

Tweets we love!

Felicia Romero's dogs



you told us

OXYGEN WOMEN SHOW US THEIR WORKOUT PARTNERS



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DEBBIE MORGENSTEIN, 53, Pennsylvania
MICHELLE MASOTTI, 47, New Jersey
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JOANN MEGINLEY, 46, and daughter **OLIVIA**, Vienna, Virginia

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All content submitted to Oxygen will be considered for publication. We reserve the right to edit for length and clarity.



Sarah Tuff Dunn

» Sarah Tuff Dunn, author of our new Mom Up! column on Page 86, grew up in Canada, England and the U.S. She earned a bachelor's degree from Vermont's Middlebury College and a master's in English literature from Columbia University in New York City, and in 2003, Tuff Dunn launched her own editorial services company, Words in Action. She has written for *The New York Times*, *National Geographic* and *Condé Nast*, among others. Tuff Dunn is now the editor-in-chief of *SkiRacing.com*, and she continues to cover health and fitness. A mother of two, she found researching Mom Up! to be an interesting process, especially the study about the benefits of group exercise for new moms. "Working out together is a great way to stay sane — along with in shape — during those crazy first years," she says.



Larysa DiDio

» Writer and trainer Larysa DiDio, author of "Shake It Up" on Page 72, has been active in the fitness industry for more than 25 years. What's her secret for keeping it interesting? "I love figuring out what motivates people so I can help them achieve their goals," she explains. She grew up in New York and graduated from Hunter College in Manhattan with a degree in anthropology. "I love people," DiDio says. "That's why I went into social anthropology. And the great thing about being a writer is that I'm always learning new things." The ab workout she created for *Oxygen* includes bands to add difficulty. "Bands are portable, comfy and you can quickly change the resistance of the exercise," she says. DiDio recently launched her own line of fitness DVDs called *Fit in 10*, available at fitin10dvd.com.



Jessica Wilson

» In addition to being a fitness model, Jessica Wilson is also a veterinarian who specializes in dentistry and oral surgery. She attended NYU for undergraduate studies, then went to Ross University School of Veterinary Medicine on the island of St. Kitts and the University of Minnesota to earn a doctorate in veterinary medicine. "I became interested in fitness during my residency," she says. "I needed a healthy outlet to manage my stress." Wilson earned her IFBB Bikini pro card in July, and she credits her support system with helping her succeed. "My husband, Chris, is my biggest supporter, and my mother, Ramona, is my ultimate role model," she says. "Plus, my coach, Kim Oddo, has been pivotal in the transformation of my physique." Wilson's amazing abs are on display in "Shake It Up" on Page 72.

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FAT FIDO? GET MOVING!

One in four dogs are overweight, according to a study published online in *Veterinary Record* that analyzed the dogs entered in the Crufts dog show. As in people, obesity in dogs can lead to diabetes, respiratory disease and cancer. And if your dog is out of shape, you may be, too! Go for a run with Fido or flip to Oxygen's other ideas for both you and your dog on Page 25.





TOTAL BODY KILLER!
You can burn more calories than Spinning and get stronger all over, row after row.

➔ Oxygen breaks it down: the rowing machine

The rowing machine has had a resurrection as of late, but what appears to be a simple cardio tool is actually a total-body workout that can sear your lungs, fry your legs and toast your core. Here's how to row your way — not so gently — down the stream, burning up to 9 calories a minute!

- » **1.** Adjust the footpads so the straps cross the instep of your shoes. It should feel snug and your feet should not move around underneath the straps.
- » **2.** The catch is the start of the stroke. Imagine your oars above the water poised to go in. In this position, your arms should be extended, your knees bent, your shins vertical, and your back straight and parallel with your thighs. You can lean forward slightly from your hips but not so much that your back rounds.
- » **3.** During the drive, push forcefully through your feet, extending

your legs and sliding the seat backward along the track. The majority of the work is done during this phase, and this is when your oars would hit the water.

- » **4.** Only when you've come almost to full extension of your legs do you begin pulling with your arms. Sit upright as you pull the handle in toward your abdomen, elbows by your sides. At the finish, your legs should be extended, your shoulders slightly behind your hips and your elbows bent with the bar against your abs.
- » **5.** During the recovery, slide slowly back to the start, reversing the order of the steps during the drive phase — extending your arms, then bending your legs.
- » **6.** Most rowing machines have a damper setting of 1 to 10, in which you increase or decrease the amount of air that goes into the fan. The higher the setting, the more challenging the strokes will be. A setting around 5 is suf-

ficient for a killer workout.

- » **7.** Keep your elbows in by your sides during all phases of the stroke. Don't let them flare out because this shifts the work from the back muscles to the arms and shoulders.

DO IT BETTER! If you feel a "pulling" in your back, you're using too much arm and upper body and not enough legs.

DO IT BETTER! Take an overhand, light grip on the bar with your wrists straight to generate the most power and prevent strains. At the start, your arms should be fully extended and about parallel to the floor. Your hands should never rise above chest level at any point during the workout.

DO IT BETTER! Exhale during the drive phase and inhale during the recovery.

DO IT BETTER! Never hunch forward or round your back. This disengages your back muscles and could lead to back strain or an injury to your spine.

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Use it or lose it

With the holidays approaching, you may be tempted to kick back, unzip your pants and make like a vegetable instead of being your usual active self. But according to recent research from the University of Copenhagen, it only takes two weeks of inactivity to lose a third of your muscle strength, as well as a significant amount of muscle mass! So before you park your patootie on the couch, consider instead one of these winter activities to maintain what you've worked all year to achieve:

Activity	Calories burned*
Cross-country skiing	552
Ice skating	429
Sledding	429
Downhill skiing	368
Ice climbing	675
Snowshoeing	490
Ice hockey	490

*Based on 135-pound woman

How-to: Throw a football

Want to be part of the action this Thanksgiving? Surprise your friends and family by throwing the pigskin with aplomb.

1. Grip the ball with your throwing hand, fingers spread comfortably with your ring and pinkie fingers over the laces, index finger over the seam and the thumb underneath. Leave a bit of space between the ball and your hand and hold it lightly with your fingertips.
2. Stand perpendicular to your target and bring your throwing arm straight back so your elbow is above your shoulder pointing toward the target and the end of the ball points toward your own head.
3. Step toward your target, rotate through your hips and extend your arm forward, releasing the ball at head height and snapping your wrist. Follow through so your thumb finishes pointing down with your palm facing outward.
4. Fist-bump your teammates as your throw becomes a touchdown pass.



READER QUESTION:

Lately, I've noticed my knees are making a popping sound, similar to when I crack my knuckles. Should I be worried?

ANSWER: If you're not experiencing pain, then probably not. Popping and cracking noises happen when the fluid-filled sac within a joint gets stretched by a change in joint position. The pressure inside the joint drops, causing small amounts of dissolved air to form bubbles, which then collapse and pop, making the snapping or cracking noise you are hearing. However, if you are experiencing a grinding sensation accompanied by pain, then you should consult your doc. This could be a sign of damaged cartilage or severe inflammation of your tendons.



MOVE OF THE MONTH: ZOTTMAN CURL

Named after the famed strongman George Zottman of the 1880s who had ridiculous forearms, this biceps curl is a fun alternative to the traditional move, working not only your biceps but also your brachioradialis and forearms in one easy move. Do three sets of 12 to 15, either alternating arms or doing them simultaneously.

Setup: Hold a set of dumbbells in front of you with your arms extended and palms facing forward.

Move: Bend your elbows and curl the weights up toward your shoulders, squeezing hard at the top. Then flip your palms downward and lower the weights slowly to the start to complete one rep.



Stay fit with your best friend!

Here are a few of *Oxygen's* ideas to keep you and your pooch in fighting fit shape:

» **Agility:** Run around an obstacle course as you guide and direct your dog through tunnels, over seesaws and over jumps.

» **Square dancing:** (Yes, this is a thing!) Dog-si-do and away you go as you and your canine partner box step, spin and trot to the beat.

» **Hike the Grand Canyon:** Enjoy the majesty of nature together in one of the country's many dog-friendly national parks. Check out each park's website to see where Spot is welcome.

» **Go geocaching:** Use your GPS and your dog's nose to search treasures. Geocaching.com

FUN FACT: George Zottman still holds the record for cleaning and pressing a 175-pound solid-iron dumbbell while seated in a chair!

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By Jessie R. Shafer, RD

Craving coffee?

➔ Drinking coffee has been linked to lowering the risk of mild cognitive impairment (MCI), which is a slow and increasing decline in cognitive abilities, such as memory and thinking skills. But, according to a new study published in the *Journal of Alzheimer's Disease*, participants who increased their coffee consumption during the 3½-year study period were twice as likely to develop MCI than those who limited their coffee intake to one cup or less per day. Those who maintained a consistent coffee intake (neither increasing or decreasing intake) showed no increased risk of MCI.

» **THE TAKE-AWAY?** Moderate and regular coffee consumption may have neuro-protective effects against MCI, but the greatest risk comes for those who rarely drink coffee and increase intake over time.



STACK YOUR HEALTH DECK

➔ When it comes to setting new habits (for example: drink more water, move more during the day), behavior scientists agree you'll have the most success when intentionally anchoring a new behavior to an old one, referred to as "habit stacking." For example, if the first thing you do every morning is go to the bathroom, add the new habit of drinking a glass of water immediately after.

» **THE TAKE-AWAY:** Find individual triggers for each new habit you want to adopt to promote a mental link between your old and new habits (and minimize having to rely on willpower).



1/3

THE AMOUNT OF THE PUBLIC THAT BELIEVES ALCOHOL IS HEART HEALTHY, ACCORDING TO A RECENT STUDY PUBLISHED IN THE AMERICAN JOURNAL OF CARDIOLOGY. AND ON AVERAGE, THOSE WHO PERCEIVED ALCOHOL AS HEART HEALTHY CONSUMED 47 PERCENT MORE ALCOHOL ON A REGULAR BASIS THAN THOSE WHO VIEWED ALCOHOL AS UNHEALTHY. MODERATE ALCOHOL CONSUMPTION CAN HAVE HEART HEALTH BENEFITS BUT ONLY WHEN CONSUMED IN AMOUNTS THAT DON'T INCREASE HEALTH RISKS, SUCH AS HIGH BLOOD PRESSURE, WEIGHT GAIN AND LIVER DISEASE. **THE TAKE-AWAY FOR WOMEN: ALL PUBLIC HEALTH SERVICES RECOMMEND NO MORE THAN ONE ALCOHOLIC DRINK PER DAY (5 OUNCES OF WINE, 12 OUNCES OF BEER OR 1½ OUNCES OF 80-PROOF LIQUOR).**



Healthy start? High pro!

Health professionals have long stressed the importance of breakfast, but what does science say about eating breakfast and what your breakfast should consist of? In a study published in *Obesity*, results show that eating a high-protein breakfast is your best bet for reducing hunger and food intake during the day. Study participants who ate a high-protein breakfast (35 grams of protein) had reductions in weight gain, caloric intake and hunger cravings compared to the groups that ate a normal protein breakfast (13 grams of protein) and the group that skipped breakfast completely. » **The take-away: What you eat does matter.**

Meal management made simple, portable and *fantabulous*.



**FOOD
OF THE
MONTH**



Lightweight butter lettuce

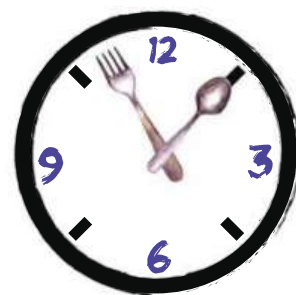
➔ Boston and bibb are two popular varieties of butter (or butterhead) lettuces, a category of lettuce with large, smooth leaves that are ideal for lettuce wraps and sandwiches. The leaves are lightweight, tender and slightly sweet — top them with a simple vinaigrette. Butter lettuces are a good source of vitamin A, providing 15 percent of your daily recommendation.

» **Look for** — whole heads with bright, unwilted leaves

» **To store** — refrigerate washed and dried lettuce heads in a plastic bag with a paper towel up to five days; store living lettuce heads in their original container and rinse before using.

TIME 'EM RIGHT!

You've heard it said that eating more frequent, smaller meals can be beneficial for a healthy metabolism and weight loss, but a new epidemiological report out of the University of Adelaide in Australia notes that this eating approach can be detrimental, especially when food is eaten at certain times of the day. "Eating late in the day or at night disrupts circadian rhythms and may have adverse effects on weight and health," warned the research team. Preliminary tests on mice have shown that restricting meals to certain times of the day (and not necessarily restricting what is eaten) can be most beneficial for maintaining a healthy metabolism. However, more human research is needed.



BE PATIENT WITH YOUR FOOD

As more consumers seek out products that contain fewer additives, such as unnatural colors and flavors, major food companies are trying to appease shoppers' demands. But industry leaders say it may take some time to reformulate product recipes, such as brightly colored cereals and snacks, and consumers will need to get used to paler, less-vibrant colors in some foods. Fruit, vegetable and spice-extracted dyes are often the natural solution of choice, but they are more expensive than synthetic dyes and can be sensitive to heat and acidity. One of the reasons people avoid synthetic colorings is the belief that their consumption is linked to childhood hyperactivity. » **THE TAKE-AWAY: Patience!**



recipe makeover

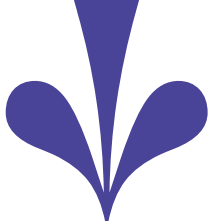
Stuffing — gotta have it!

Ditch the box and serve your guests a healthier stuffing that features whole-grain bread, umami-tasting mushrooms and fresh herbs — at the same time, you'll cut out about half the fat and sodium in a typical serving.

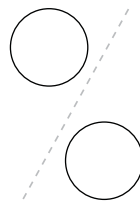
- 10 cups day-old whole-grain bread, crusts removed, cubed
- 3 cups low-fat milk (nonfat, 1% or 2%)
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons unsalted butter
- 2 tablespoons minced garlic
- 3 cups finely chopped onions
- 2 pounds fresh mushrooms, cleaned and chopped
- ¼ cup chopped fresh parsley
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 eggs, lightly beaten

* Preheat oven to 350 degrees. Mist a 9-inch-by-13-inch baking dish with cooking spray. In a large bowl, toss bread cubes with milk; set aside, tossing occasionally, until bread is soaked. In a large pot over medium, heat oil and butter. Add garlic and onions; saute until tender, about five minutes. Add mushrooms and cook and stir until mushrooms release their liquid, about 12 minutes more. Drain and squeeze bread cubes (discard any remaining milk in bowl) and add bread cubes to onion mixture. Stir in parsley, salt and pepper; stir until well-combined. Remove from heat and stir in eggs until coated. Transfer mixture to baking dish and bake until heated through and top is browned, about 45 minutes. **Makes 10 cups.**

NUTRITION FACTS PER SERVING (ABOUT 1 CUP): calories 198, total fat 8 g, saturated fat 3 g, carbs 24 g, dietary fiber 4 g, sugar 8 g, sodium 408 mg, protein 9 g



60



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OF TEENS
WHO SKIP
BREAKFAST
AN AVERAGE
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Workout body fixes

➔ Yes, we all want to look gorgeous when we're working out, but training in full-on Kardashian pancake makeup and Aqua-Net is not your best bet for healthy skin and hair. Here are some tips to keep your face, hair and body fresh and fabulous.

» Change your outfit after training as soon as possible. Acne, folliculitis and yeasty issues down below can arise if you stay in damp clothing too long.

» **Bring your own towels and face cloths to protect your skin from irritation from chemicals or bleach used in the gym towels.**

» Staph, fecal matter, E. coli and even MRSA bacteria lurk in the nooks and crannies of gym equipment, so don't touch any of your bodyparts postworkout until you've thoroughly washed your hands and/or used a generous dose of Purell.

» Wear your hair in a loose ponytail or high braided bun to prevent tangles.

» Spray a little dry shampoo around your hairline and nape of your neck before training to tame the frizzies; postworkout, use the same dry shampoo to neutralize oils and odors and help refresh your hairdo.



YAY OF THE DAY: EATING CHOCOLATE IS GOOD FOR YOUR HEALTH!

In a study of middle-aged people, eating 3.5 ounces of chocolate every day — milk or dark — translated to a 29 percent lower risk of heart disease and a 23 percent lower risk of stroke. The flavonoids in chocolate have anti-inflammatory properties, and the fatty acids contribute to good heart health.

Five healthier ways to indulge:

1. Dip a banana in melted chocolate and freeze overnight for a tasty dessert.
2. Use dark chocolate chips in a batch of low-fat oatmeal cookies.
3. Spread Nutella on a fat-free graham cracker.
4. Grab a small handful of chocolate-covered almonds.
5. Shave dark chocolate on top of plain Greek yogurt and top with raspberries.



The power of peppermint

Want a boost in energy? Try peppermint. Peppermint oil invigorates you while also cooling your skin and increasing athletic performance. Check out these suggestions for its use from aromatherapy expert Charlynn Avery of Aura Cacia and turn a so-so training session into a super one:

- » Put a few drops in your shoes to invigorate and cool your feet.
 - » Place a few drops on a wet cloth and place it on your neck to help cool down.
 - » Diffuse the oil and inhale to energize before training.
 - » Chew peppermint gum to help reduce hunger and cravings.
 - » Add to lotions or massage formulas post-training to help recovery.
- Note: Always dilute oils before applying to skin. Add to neutral oils such as vegetable and olive oil, water or unscented bath products such as shampoo or shower gel.

2/3

PERCENTAGE OF AMERICANS WHO ARE CURRENTLY OVERWEIGHT OR OBESE
SOURCE: JAMA INTERNAL MEDICINE





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Meditate the pounds away

How to harness the power of your mind to prevent overeating. **By Allison Young**

➔ We've all been there. You go in for one bite of heavenly hash ice cream ... which leads to 10 ... and before you know it, you've polished off the entire pint. Well, meditate on this: The key to keeping binges at bay could rest in your mind. Meditation isn't just some hippy-dippy granola thing. Neuroscientists are finding that the age-old practice has a profound effect on how we eat. Here, we've got six ways meditating can calm that overwhelming urge to go crazy in the kitchen.



1) Silence stress eating.

Stress makes us crave high-fat, high-sugar food — and how! Researchers at Carnegie Mellon University in Pittsburgh found that just 25 minutes of mindfulness meditation — paying attention to your thoughts, feelings and body sensations in a non-attached way — for three days alleviates stress. Brain scans also show that with meditation, the brain's “fight or flight” center shrinks. “Meditation gives people so many different tools to manage stress so that stress no longer leads to eating with abandon,” says Ruth Wolever, Ph.D., clinical health psychologist and research director at Duke Integrative Medicine and co-author of *The Mindful Diet* (Scribner, 2015).

2) Turn off emotional eating.

When emotions run amok, eating can get out of control. Yet research published in the journal *Eating Behaviors* found that meditating as little as eight minutes a day for eight weeks can stop binge eating for good. “Practicing meditation increases awareness, particularly to what drives our behavior,” Wolever says. So instead of eating on autopilot, you're more mindful of triggers and less likely to overeat.

3) Disconnect from cravings.

Meditation can curb cravings. Canadian researchers found that practicing mindfulness meditation weakened dessert cravings among self-proclaimed sugar addicts. “Meditation boosts blood flow to the frontal cortex, the CEO of the brain, so we're able to make better food choices,” says Dr. Pam Peeke, author of *The Hunger Fix: The Three-Stage Detox and Recovery Plan for Overeating and Food Addiction* (Rodale Books, 2012).

4) Stay present with your plate.

“A woman's mind is often like a mental Cuisinart; we just let it spin completely out of control,” Peeke says. Meditation can unplug the mental whirl. Pair a quiet inner voice with mindful eating — when you focus on your food instead of your to-do list — and you're better able to slow down and savor each bite to avoid overeating.

5) Boost the self-control center of your brain.

Meditation can literally change your brain, activating areas of your noggin that control awareness and emotional regulation and deactivating hubs linked to anxiety. One study by Harvard-associated researchers at Massachusetts General Hospital showed changes in the brain after just eight weeks of meditation. “These brain changes act like a wedge between you and overeating,” Peeke says.

6) Meditation means better sleep (and less overeating).

Did you know that how much sleep you get can determine how much you eat? In one study, people who were sleep deprived ate 500 extra calories a day. Meditation not only fires up the relaxation response but also improves quality of sleep. Sweet dreams! ●

“Meditating as little as eight minutes a day for eight weeks can stop binge eating for good.”

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Vegan Diets Haven't Always Been Easy For Athletes

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*"I'm not a vegan, but
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delivers results and that's
what I need to compete!"*

- OKSANA GRISHINA

RAWFUSION'S exclusive mix of pea protein isolate, sprouted brown rice and artichoke protein concentrate has created a patent-pending formula that is ideal for vegans seeking fully balanced nutrition. The nutrient profile of **RAWFUSION** is so strong that with over **4.5 grams** of BCAAs, the amino acid profile rivals that of milk protein. SAN's advanced sprouting process results in a very high-quality protein source with a beneficial balance of essential fatty acids and B vitamins, even further negating any arguments about the need for animal-based protein.

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➤ If you can spare 12 to 18 minutes, three times a week, you can start your weight-loss plan today. This unique high-intensity interval training workout was created exclusively for *Oxygen* readers by Andy Speer, CSCS, SFG 1, co-owner of Soho Strength Lab, an elite training facility in New York City.

"The two exercises in the plan work almost every muscle in your body, especially legs, glutes, shoulders and abs. These two will torch fat in 12 to 18 minutes," Speer says.

1.

HOP SWITCH: From the plank position, bring your right foot to the outside of your right hand. In one motion, switch your feet so your left foot lands on the outside of your left hand and your right foot is extended behind your body. **Tip:** As you switch legs, push down into the floor with your hands/arms. Lift your hips only enough to move your legs smoothly.

● **Targets:** shoulders, abs, hip flexors, cardiovascular system

2.

STARTER DRILL: From a standing position, step rearward with your right foot (like a reverse lunge but slightly more extended) and place your right hand on the floor by the inside of your left foot. In one motion, stand tall, bringing your right knee up in front. (For an extra challenge/fat burn, add a small hop at the top of the motion to get slightly airborne.) Return to the bottom position and repeat. **Tip:** As your back knee drives upward toward the front, swing your opposite hand up with it, as if you were sprinting.

● **Targets:** glutes, hamstrings, quads, cardio

How to work it: Do the first exercise nonstop for 30 seconds, then rest 30 seconds. Immediately do the second exercise first with your right leg for 30 seconds of activity and 30 seconds of rest, then follow it with your left leg for the same action/rest period. One complete round of both exercises will take three minutes: hop switch 30/30, starter drill right leg 30/30, starter drill left leg 30/30.

Frequency: Do the HIIT plan two to three times a week. Start by completing four rounds of 12 minutes total. Add a round every few workouts until you are able to do six rounds for a total of 18 minutes.

BE POSITIVE, PATIENT AND FORGIVING

We turned to sports psychologist Jim Taylor, Ph.D., adjunct professor at the University of San Francisco and author of 15 books, to see what type of mindset helps you lose weight and then keep it off. Here's what the good doc recommends:

» "Your ability to stay committed to a healthy lifestyle will depend on your attitude.

» "First, be positive and believe in your efforts to live in a healthy lifestyle. Daily positive affirmations remind you of your efforts and progress.

» "Second, be patient. Losing weight and changing your lifestyle takes time. Be relentless in your efforts.

» "Third, be forgiving and realize that you will have weak moments. These setbacks don't mean you are a failure, simply that you are human. If you fall off the wagon, get right back on." Be positive, patient and forgiving.

60

PERCENT

AMOUNT OF SOYBEAN OIL IN RELATION TO ALL OTHER EDIBLE OILS EATEN IN THE U.S. RECENT RESEARCH CONDUCTED AT THE UNIVERSITY OF CALIFORNIA, RIVERSIDE, INDICATES THAT A DIET RICH IN SOYBEAN OIL CAN CAUSE MORE OBESITY AND DIABETES THAN A DIET HIGH IN FRUCTOSE (FOUND IN PROCESSED FOODS). AT THIS POINT, OLIVE OIL'S LOOKING BETTER THAN EVER.

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Craving pie?

Satisfy your taste for a Thanksgiving dessert favorite with our high-protein shake recipe. **By Erin Macdonald, RDN, and Tiffani Bachus, RDN**



SWEET POTATO PIE SHAKE

Makes 1 serving

- 1 cup unsweetened vanilla almond milk
- 1 tablespoon raw pecans, chopped
- 1 scoop vanilla whey protein powder
- ½ cup baked, skinless sweet potato, mashed
- ½ teaspoon cinnamon
- 1 Medjool date, pitted
- 1 cup ice cubes
- pinch nutmeg

Put all ingredients (except ice) in blender and mix until smooth. Adjust seasonings as desired.

Add ice and increase if needed for desired consistency.

Nutrition facts (per serving):

calories 296, fat 8 g, protein 22 g, carbs 38 g, fiber 5 g

COOKING TIP!
Cook your sweet potatoes in the oven wrapped in foil instead of in the microwave to have a naturally sweeter potato. You'll notice sweet syrup at the bottom of the foil, which can be added to this shake for additional natural sweetness.

BODY BENEFITS

» Pick a pecan:

Pecans are naturally rich in the antioxidant gamma-tocopherol. In a study done by Johns Hopkins Bloomberg School of Public Health, this powerful antioxidant has been shown to reduce the risk of certain cancers and improve cardiovascular health.

» Sweet spuds:

Sweet potatoes are rich in vitamin A, making them great for the immune system and cell growth. This means getting back on your feet faster after being sick or injured!

» Wanna date?

Medjool dates are a powerhouse of essential vitamins and minerals, including potassium, manganese and copper, which help maintain healthy nervous and circulatory systems.

» Sweet spice:

Cinnamon is the perfect spice to use in recipes when you cut back on sugar because it has a sweet overtone. Bumping up the cinnamon helps manage blood sugar levels and can treat muscle spasms and even the common cold.

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Eat fat to lose fat? Research shows that using coconut oil can lead to weight loss!



»HEALTHY KERNELS:

Popcorn is 100 percent unprocessed whole grain and packed with cancer-fighting antioxidant polyphenols — up to 300 milligrams per serving.

»LITTLE GIANT: Sweet and buttery, cashew nuts are packed with unsaturated fats — about 66 percent heart-healthy monounsaturated fatty acids. Got iron-deficiency anemia? Stock up on cashews! The little kidney-shaped nuts contain 98 percent Dietary Reference Intake/Daily Value of copper, which helps the body absorb iron.

»CUT THE BUTTER! Using coconut oil to make popcorn not only improves the healthy fat content but also adds a host of other health benefits, including ramping up your calorie burn. That's because most of the fats found in coconut oil are medium-chain triglycerides. One study found that 15 to 30 grams of MCTs per day increased 24-hour energy expenditure by 5 percent, about 120 calories per day. Use coconut oil regularly and this could potentially lead to weight loss.

Crave a crunchy snack?
Ditch the chips and reach for popcorn with cashews!



Pumped-up popcorn

Rethink snack time with this nutrient-dense healthy treat that will totally hit the spot. **By Shoshana Pritzker, RD, CDN**



Popcorn is a movie theater favorite, but why not add it to your snacking repertoire? In fact, most dietitians will tell you to do so — and for good reason. Once you strip away the buttery topping, you're left with a perfectly poppable whole-grain snack. And if you leave it plain, you're looking at a measly 30 calories for 1 cup! You don't need a popcorn popper to make fresh popcorn. Simply toss it in a deep saucepan with a few tablespoons of oil, or go oil-less by air-popping your kernels in the microwave with nothing but a brown paper bag.

SEA SALT AND COCONUT CASHEW POPCORN

Makes 4 servings

Ingredients:

½ cup popcorn kernels
2 tablespoons coconut oil
½ cup raw cashew pieces
sea salt to taste

Directions:

1. Put the coconut oil in a large deep pot. Heat over medium heat until melted.
2. Add the popcorn kernels to the melted coconut oil and tilt the pan so all the pop-

corn kernels are coated.

3. Cover and allow the kernels to begin popping (over medium heat). Once you hear them start to pop, shake the pan a bit to avoid any burning.

4. Allow the kernels to continue popping for about four minutes. Remember to keep shaking the pot to avoid burning. You'll know they're about done when there's no more than five seconds between each pop.

5. Uncover and toss with sea salt and cashew pieces. Enjoy!

Nutrition facts (per serving): calories 286, total fat 20 g, protein 7 g, sodium 299 mg, carbs 22 g, fiber 4 g, sugar 2 g

Note: To reduce fat, use less coconut oil and fewer cashews.

[Fast fact: The part that gets stuck in your teeth — the hull — has a higher concentration of polyphenols and fiber over the white puffy stuff.]

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From Elisabeth Hasselbeck

NoGii.com



Fitness-friendly tech

Knowing your numbers can make a world of difference in your training. Team up with these devices for results. **By Myatt Murphy, CSCS**



« The band to beat

We love Garmin's vivosmart not only because it records the usuals (steps, calories and distance), but it also vibrates to notify you about calls, texts, meetings and emails on your phone. Best features: The band has an inactivity alert that reminds you to move, and it even learns your activity level, then adjusts your goals for the next day! **\$130, walmart.com**



» Colorful companion

Fitbit's Charge HR now comes in plum, and it's still packed with the features we've come to love. Beyond tracking your fitness on every level, its five-day battery life (well beyond many trackers) and continuous, wrist-based heart-rate monitoring keep you up-to-date on yourself 24/7! **\$150, walmart.com**



» Timeless timepiece

Not only does Sony's SmartWatch 3 respond to your voice, touch or simple gestures, but the dust-tight watch also runs hundreds of apps, pairs up with wireless headphones to play music and has a built-in GPS to track your runs without needing a smartphone. **\$200, store.sony.com**



» Stroke of genius

The Speedo Shine is a fitness, swim and sleep tracker that counts laps, measures your running and records your steps, and monitors your cycling. When your body is finally ready to rest, it even tells you how much time you divide between light and deep sleep. **\$80, speedousa.com**

According to a recent survey, 22 percent of U.S. consumers own a fitness tracker.



« Shock and awe

It may be pricey, but Compex's sleek Wireless USA — the first FDA-approved wireless electric muscle stimulation device — is an elite athlete's dream for improving performance. The wearable device uses electronic pulses that recruit more muscle fibers, flush out toxins and increase blood flow — minus any annoying cords! **\$1,150, shopcompex.com**



» Perfectly priced

One of the most affordable trackers out there, the water-resistant nuyu activity monitor tracks steps, calories, distance and sleep, then beams that data to your smartphone or tablet. Plus, the display can be removed from the watchband and placed in a pocket or clipped under your clothes, making it super discreet! **\$50, healthometernuyu.com**

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—Teri Crenshaw, ISSA SFN
TeriFitOnline.com



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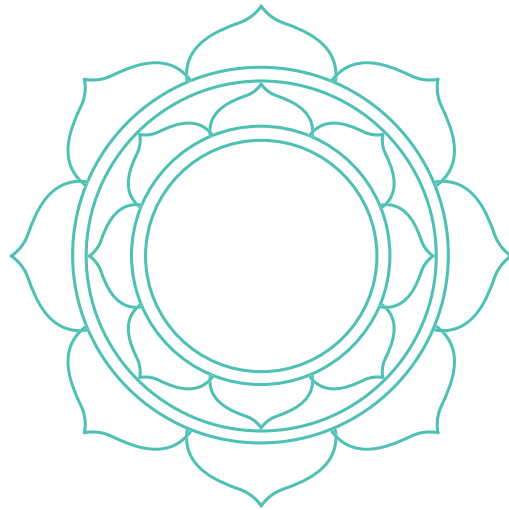
When someone says they've "done it all," typically they're exaggerating. But

Koya Webb could probably make that statement and pass a lie-detector test.

In her recent past, Webb has been a nationally ranked collegiate heptathlete, an Olympic high-jump hopeful, an international Nike and Adidas model, a figure competitor, a celebrity personal trainer, an author, a certified yogi, a raw/vegan advocate, a motivational speaker, a television personality, and now a holistic wellness and life coach.

Her international recognition slingshots her around the globe to locations such as Nicaragua and St. Croix for seminars, and now she brings her vast base of knowledge and experience to *Oxygen*.

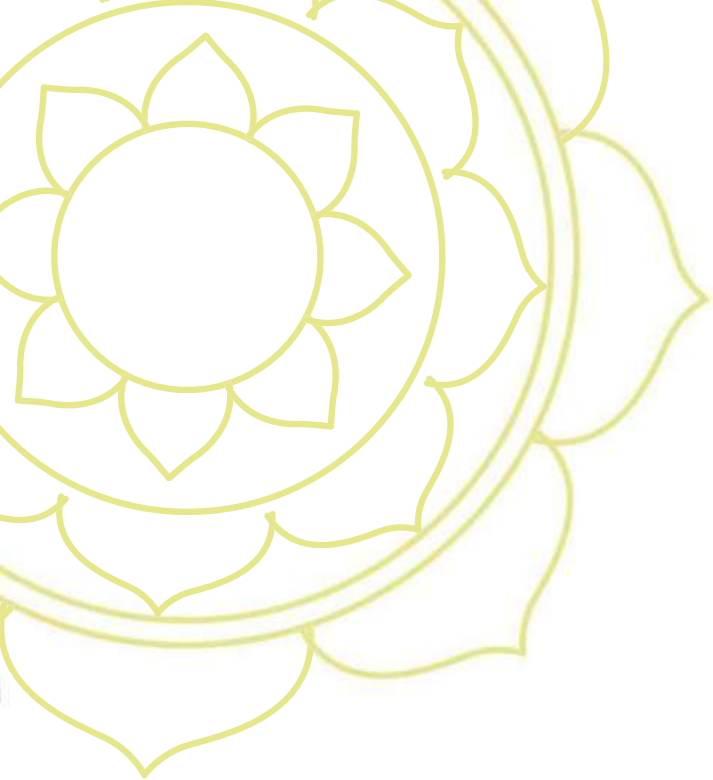
We caught up with Webb between wellness retreats and picked her brain about training, meditation, yoga and how she stays strong and fit as a vegan athlete. Here, she tells you in her own words how to live your best life with intention and integrity while still looking and feeling fantastic.



fit + fabulous

By Lara McGlashan, MFA, CPT, Fitness Editor
Photography by Robert Reiff

Vegan wellness expert
and fitness personality
Koya Webb lays out an
exclusive plan for total
mind/body health.



***Stay tuned!**
Keep an eye out
for an upcoming
Oxygen production
"Get Yoga Fit"
by Koya Webb at
[aimfitnessnetwork
.com/oxygen](http://aimfitnessnetwork.com/oxygen).

my go-to total-body workout

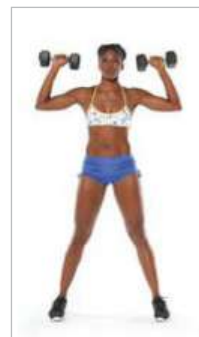
I don't have a lot of time during the day, so to get the most bang for my buck, I do circuit training with compound strength moves. This workout is one I do all the time and can be done anywhere since it uses dumbbells. Do one set of each move for 20 reps, and do all the moves in order with 10 seconds of rest in between. I rest 60 seconds between circuits and go through the routine three times.

1

REVERSE LUNGE WITH BICEPS HAMMER CURL

Setup: Stand with your feet together and hold a set of dumbbells at your sides, palms facing inward.

Move: Take a large step behind you and bend both knees to lunge toward the floor. Simultaneously curl the weights up toward your shoulders, squeezing hard at the top. Push off your rear foot to return to standing. Continue, alternating sides.



2

CURTSY LUNGE WITH OVERHEAD PRESS

Setup: Stand with your feet more than shoulder-width apart and hold a set of dumbbells at ear level, palms forward.

Move: Keeping your hips square, step behind you on the diagonal with one foot, bending both knees and lowering toward the floor in a curtsy. At the same time, press the dumbbells overhead and turn your wrists so at the top, the dumbbells are facing inward. Extend your legs and step your feet back together to return to the start. Do all reps on one side, then switch.



yoga for you!

My junior year in college, I got a stress fracture from overtraining as a track athlete, and I used yoga to heal both my physical injury and my mental depression.

I do yoga every single day, even if I only have 10 minutes to spare.

Here's a move that will challenge your balance, coordination and strength, and it will work your shoulders, core and glutes. I am doing it free standing here, but I've given you the description for the starter version.

As you get better, try to balance without the wall!

BENT-KNEE HANDSTAND

Place your hands on the floor shoulder-width apart about a foot in front of a wall. Kick your legs up overhead to come into a handstand with your heels against the wall and tighten your abs and glutes to stabilize yourself. Slowly bend one knee and bring it toward your chest, toes pointed, until your thigh is roughly parallel or just below to the floor. Hold for 15 seconds, then extend to the start and repeat on the other side. Do two to three rounds, coming down between sets if you need to.

For two more great yoga moves from Koya, go to oxygenmag.com.

3

GODDESS LUNGE WITH FRONT RAISE

Setup: Take a wide stance with your toes turned out slightly and hold a set of weights in front of you with your palms facing rearward.

Move: Bend one knee deeply while keeping the other straight and lunge toward the side. Simultaneously raise the dumbbells in front of you to shoulder height. Return to the start. Do all reps on one side, then switch.



4

ONE-LEGGED SQUAT WITH TRICEPS KICKBACK

Setup: Stand on one foot with the opposite foot lifted. Hinge from the hip until your torso is inclined about 45 degrees, bend your elbows and pin them to your sides, palms facing inward.

Move: Bend your standing knee and squat down as low as you can. As you extend your leg to return to the start, hinge at your elbow and press the weights up and back in a smooth arc until your arms are straight. Bend your knee and lower your weights to go into the next repetition. Do equal reps on both legs.

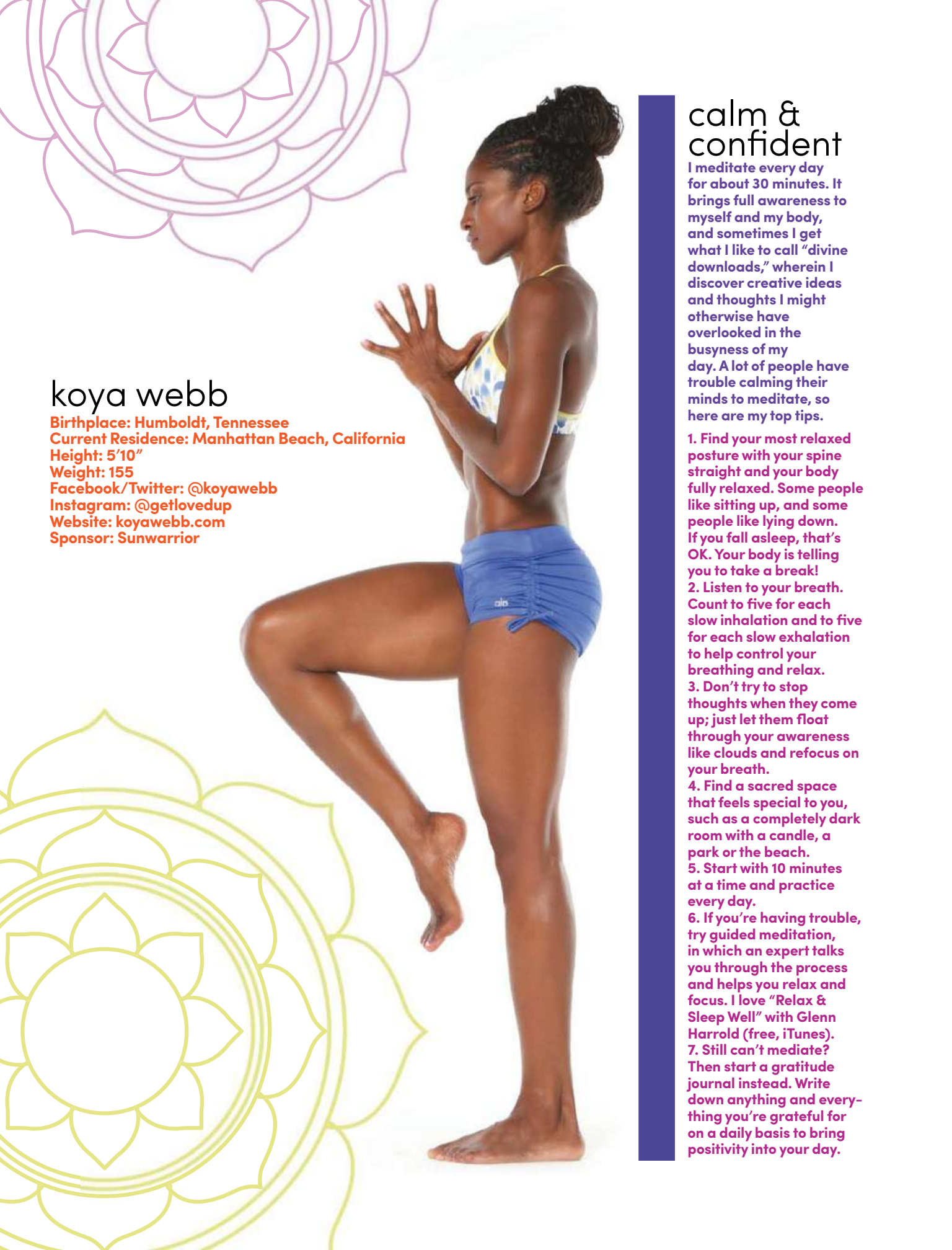
5

GLUTE BRIDGE WITH A CHEST FLYE

Setup: Lie faceup with your knees bent and heels close to your glutes. Hold a set of dumbbells with your arms outstretched in line with your shoulders along the floor, elbows slightly bent.

Move: Press your hips up until they come in line with your knees and shoulders while simultaneously bringing the weights up and inward to meet over your upper chest. Pause and squeeze both your glutes and your chest, then lower to the start.



A full-body photograph of a woman, Koya Webb, in a yoga pose. She is standing on her left leg, with her right leg bent at the knee and her foot resting on her left thigh. Her hands are positioned in front of her chest, palms facing each other. She is wearing a blue and white patterned sports bra and blue shorts. The background is white, with a large purple mandala in the top left corner and a large green mandala in the bottom left corner.

koya webb

Birthplace: Humboldt, Tennessee

Current Residence: Manhattan Beach, California

Height: 5'10"

Weight: 155

Facebook/Twitter: @koyawebb

Instagram: @getlovedup

Website: koyawebb.com

Sponsor: Sunwarrior

calm & confident

I meditate every day for about 30 minutes. It brings full awareness to myself and my body, and sometimes I get what I like to call "divine downloads," wherein I discover creative ideas and thoughts I might otherwise have overlooked in the busyness of my day. A lot of people have trouble calming their minds to meditate, so here are my top tips.

1. Find your most relaxed posture with your spine straight and your body fully relaxed. Some people like sitting up, and some people like lying down. If you fall asleep, that's OK. Your body is telling you to take a break!
2. Listen to your breath. Count to five for each slow inhalation and to five for each slow exhalation to help control your breathing and relax.
3. Don't try to stop thoughts when they come up; just let them float through your awareness like clouds and refocus on your breath.
4. Find a sacred space that feels special to you, such as a completely dark room with a candle, a park or the beach.
5. Start with 10 minutes at a time and practice every day.
6. If you're having trouble, try guided meditation, in which an expert talks you through the process and helps you relax and focus. I love "Relax & Sleep Well" with Glenn Harrold (free, iTunes).
7. Still can't meditate? Then start a gratitude journal instead. Write down anything and everything you're grateful for on a daily basis to bring positivity into your day.

she's a green machine

I have been a vegan for 10 years. Being from the South, I never thought I would be eating this kind of diet! But I feel better and think I look better as a result. A lot of people ask me about how I get my protein, and yes, I do supplement with Sunwarrior protein powders. But I also consciously eat high-protein plant-based foods every single day and come up with new recipes all the time. Here is one that tastes great.

MINT MUSCLE BLISS BALLS

- 1 cup black walnuts
- 1 cup dates
- ¼ cup cacao powder (or carob)
- 1 scoop Sunwarrior Protein (chocolate)
- 3 droppers stevia
- 1 vanilla bean
- 1 teaspoon cinnamon
- 1 teaspoon fresh mint

Place all ingredients into a food processor and blend for 30 to 60 seconds. Roll mixture into balls, about 2 tablespoons per ball. Serve immediately, or store for later.

For another delicious recipe developed by Koya, go to oxygenmag.com.

"I consciously eat high-protein plant-based foods every single day and come up with new recipes all the time."



follow my footsteps

My fitness philosophy is simple: Find what you love and do it every day. Here is what a typical day looks like for me.

6:30 a.m. Wake and have 1 quart of lemon-infused water
7 a.m. Do 30 to 60 minutes of yoga and meditation
8 a.m. Monday/Wednesday/Friday: total-body strength workout with drills and sprints; Tuesday/Thursday/Saturday: HIIT with swimming; Sunday: AcroYoga, foam-roll
9 a.m. Superfood smoothie made with Sunwarrior Protein, turmeric, greens, maca, 2 cups water, 2 bananas, 2 cups berries
10 a.m. – 3 p.m. Meetings and errands
11 a.m. Power snack, such as a banana with almond butter, pineapple with cayenne or 3 to 4 pieces of fruit
1 p.m. Huge superfood salad
3 p.m. Power snack
3 – 10 p.m. Holistic health coaching calls
5 p.m. Fun dinner out or some vegan lasagna or pizza
7 p.m. Superfood smoothie
10 p.m. Bedtime! ●

A photograph of a female bodybuilder, Erin Stern, in a gym setting. She is wearing a bright green sports bra and blue shorts, leaning over a barbell with large black weights. She has a focused expression. In the background, other gym equipment is visible.

Erin Stern
XOXO ERIN STERN
IFBB FIGURE PRO

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P O W E R F U L **PUMPKIN**



PICK ANY OF THESE PUMPKIN **DINNERS** AND YOU'LL HARVEST **DELICIOUS** BITES COUPLED WITH BODY-SUPPORTING **NUTRIENTS** TO HELP YOU **THRIVE** INSIDE THE GYM AND OUT.

If you typically enjoy the flavor of pumpkin in the form of pies, bars and seasonal lattes, you may be surprised to learn that pumpkin, alone, is not that sweet, making it a perfect candidate for savory autumn main dishes, from chili to meatloaf. Pumpkins also pack a combination of nutrients that benefit you from head to toe. Proactive compounds include carotenoids that can help ward off heart disease and promote healthful skin, as well as vitamin A to get your immune system revved up for cold and flu season. Pumpkins are also high in electrolyte-balancing potassium and cholesterol-lowering, weight-controlling fiber, making this nutritious and versatile squash a win-win-win for a healthy fall season.





BAKED PASTA WITH PUMPKIN- SAGE SAUCE

SNEAK 'EM IN! Unsuspecting family members will never mind the color boost and great flavors in this creamy pasta bake from tomatoes, spinach and pumpkin — just don't tell them they're eating a full cup of vegetables in each serving.

DID YOU KNOW? One cup of cooked, canned pumpkin provides 100 percent of your daily recommendation of vitamin A, a nutrient you need for healthy bone growth, immunity, reproduction and the regulation of hormones.

Store unopened cans of pumpkin in a cool, dry place for up to two years. To store extra pumpkin from an open can, transfer pumpkin to a plastic container with a lid and refrigerate up to five days. Or freeze extra pumpkin in a freezer-safe container up to one year.

Vitamin A is a fat-soluble vitamin, which means your body absorbs vitamin A from foods, such as pumpkin, better when eaten with a source of fat, such as the oil and cheese in this recipe.

Recipe pg. 56





HARVEST PUMPKIN CHILI

SAY WHAT? One cup of cooked, canned pumpkin has 7 grams of fiber, a quarter of your daily recommendation.

Together with the beans in this chili, you get 10 grams of fiber per bowl. A healthful fiber intake lowers your risk of heart disease and aids weight loss.

MUSCLE UP! This chili provides a muscle-building boost of lean protein from ground turkey and beans and a flavorful topping of shredded cheese and pepitas, which are pumpkin seeds.

It's essential to simmer this chili over low heat for at least one hour to allow the flavors to meld. The pumpkin flavor is even more prominent the next day, when you reheat your chili leftovers for an easy-to-tote healthful lunch.

Recipe pg. 56





PORK CHOPS WITH SUPERFOOD MASH & KALE CHIPS

How many superfoods can you cram on one plate? From the pumpkin, apple and onion in the mash to the kale and walnuts, this meal is busting off the antioxidant charts and filling you with more than a day's worth of vitamins A, C and K and brain-boosting unsaturated fatty acids.

TOP TIP! Expedite dinner by making the kale chips up to one week ahead and storing them at room temperature in a covered plastic container.

Lean pork is an excellent source of niacin, which has been shown to raise good HDL cholesterol and lower bad LDL cholesterol and triglycerides to help active women lower their risk of high blood pressure.

DID YOU KNOW? Today, more than 1.5 billion pounds of pumpkins are produced in the United States.

Recipe pg. 57

PUMPKINS FOR POSTWORKOUTS

You already know bananas are your fitness friend because of their high level of potassium, but pumpkins can be just as beneficial at relieving post-activity stress to your muscle tissue. One banana contains about 422 milligrams of potassium whereas 1 cup of pumpkin contains 564 milligrams of the important electrolyte-balancing nutrient. After a sweaty workout session, low levels of potassium can cause muscle spasms and cramping, so aim to restock depleted nutrients with these satisfying recipes that combine the recovery trifecta: healthful carbohydrates, lean proteins and plenty of potassium-rich pumpkin.



PUMPKIN RISOTTO WITH CHICKEN SAUSAGE

Using lean chicken sausage links and reducing the amount of Parmesan cheese can help keep saturated fat grams in check while still creating that creamy and rich texture and taste for which risotto dishes are known.

If desired, omit the white wine and add another cup of broth to the pumpkin-broth mixture.

TOP TIP! When reheating risotto in the microwave or stovetop, add $\frac{1}{2}$ cup water and stir every 30 seconds until water is absorbed and risotto is creamy and heated through.

Recipe pg. 57



VEGGIE- PUMPKIN MEATLOAF

Beef is one of the top sources of heme iron, the type of iron absorbed two to three times more efficiently than non-meat (non-heme) sources of iron. The pumpkin in the meatloaf and topping contain some vitamin C, which further aids the absorption of iron, helping you recover faster from muscle fatigue.

PACKED WITH PROTEIN! The addition of pumpkin, carrots, celery and parsley ups the vitamins and minerals in this so-simple, high-protein main dish.

TOP TIP! By shaping meatloaf on a baking sheet (rather than using a loaf pan), all sides of the loaf are exposed to the oven's circulating heat, which makes for ideal crisp edges and a sturdier loaf that's easier to cut into slices.

Pumpkin gets its bright orange color from a provitamin antioxidant called beta carotene, which is converted to active vitamin A and essential for healthy skin and vision.

Recipe pg. 57

MAKE YOUR OWN PUMPKIN PUREE

For convenience, these recipes call for canned pumpkin. (Use canned 100 percent pumpkin, not pumpkin-pie filling, which has added spices and sugar.) But if you prefer to make your own pumpkin puree, it takes just three simple steps.

Step 1: Cut a small pie pumpkin in half and scrape out seeds.

Step 2: Preheat oven to 350 degrees and bake pumpkin halves, cut side up, on a sheet pan for one hour or until flesh is fork tender.

Step 3: Scoop out all pumpkin flesh and puree in a food processor until smooth.





BEYOND PIE — 8 NEW USES FOR CANNED PUMPKIN

Think beyond the pie plate and add nutritious canned pumpkin to a variety of dishes, such as these.

Oatmeal: Stir 2 tablespoons canned pumpkin into a bowl of cooked oatmeal.

Shakes: Add 1 to 2 tablespoons canned pumpkin to a protein smoothie.

Condiment: Mix ¼ cup canned pumpkin with 1 tablespoon brown sugar, ½ teaspoon vanilla and ½ teaspoon ground cinnamon; spread over toast or graham crackers or use as a dip for apple slices.

Yogurt: Layer yogurt, canned pumpkin and granola to make parfaits.

Burgers: Mix ¼ cup canned pumpkin into 1 pound of ground beef when making burgers.

Mac & cheese: Mix pumpkin into macaroni and cheese in place of butter.

Pancakes: Add 1 cup canned pumpkin to a batch of pancake batter.

Baked goods: Replace ½ the butter in baked goods, such as cookies or brownies, with an equal amount of canned pumpkin.

Vegetarian! BAKED PASTA WITH PUMPKIN-SAGE SAUCE

Makes 4 servings

Serving size: about 1 cup

Total time: 40 minutes

Hands-on time: 10 minutes

Price per serving: \$2.49

- 6 ounces whole-wheat penne pasta
- ½ tablespoon canola oil
- ½ onion, finely chopped
- 1 clove garlic, minced
- 1 teaspoon dried sage
- 1 cup reduced-fat milk (nonfat, 1% or 2%)
- ¾ cup canned pumpkin puree
- 4 ounces Parmesan cheese, grated, divided
- ½ teaspoon coarse salt, divided
- ½ teaspoon black pepper
- 3 ounces (about 3 cups) fresh spinach
- 1 ounce sun-dried tomatoes, chopped

Directions:

1. Preheat oven to 400 degrees. Cook pasta according to package directions. Meanwhile, in a nonstick skillet over medium, heat oil. Sauté onion, garlic and sage in oil until tender. Reduce heat to low and whisk in the milk and pumpkin puree. Add 3 ounces cheese, whisking until combined. Add ¼ teaspoon salt and black pepper. Continue to heat over low until cheese melts, about two to three minutes.
2. Drain pasta and return pasta to pot. Add spinach, pumpkin sauce and remaining ¼ teaspoon salt to pasta in pot. Stir gently until pasta is evenly coated with sauce.
3. Pour pasta mixture into a 1½-quart baking dish. Top with the sun-dried tomatoes and remaining 1 ounce Parmesan cheese. Bake for 15 to 20 minutes or until cheese is melted and bubbling. Set aside to cool for five minutes before serving.

Nutrition facts (per serving): calories 339, total fat 12 g, saturated fat 5 g, trans fat 0 g, sodium 870 mg, carbs 45 g, fiber 6 g, sugar 5 g, protein 18 g

HARVEST PUMPKIN CHILI

Makes 4 servings

Serving size: about 1½ cups chili, 1 tablespoon cheese and ½ tablespoon pepitas

Total time: 1 hour, 20 minutes

Hands-on time: 20 minutes

Price per serving: \$3.14

- 1 tablespoon canola oil
- 1 small onion, chopped
- 1 medium green bell pepper, chopped
- ½ pound lean (93/7) ground turkey
- 1 canned chipotle chili pepper, diced
- ¼ teaspoon adobo sauce (from a can of chipotle peppers in adobo sauce)
- 2 teaspoons chili powder
- 1 teaspoon salt, divided
- ¼ teaspoon black pepper
- ½ teaspoon ground cinnamon
- 1 15-ounce can no-salt-added diced tomatoes, undrained

- 1 15-ounce can chili beans in chili sauce
- 1 15-ounce can pumpkin puree
- 2 teaspoons brown sugar
- ¼ cup shredded cheddar cheese
- 2 tablespoons roasted and salted pepitas (pumpkin seeds)

Directions:

1. In a large pot, heat oil over medium. Add onion and bell pepper; saute until tender, about five minutes. Add ground turkey; heat and stir until cooked through, three to four minutes. Add chipotle, adobo sauce, chili powder, ½ teaspoon salt, pepper and cinnamon. Cook one minute. 2. Stir in tomatoes with juice, chili beans with chili sauce, pumpkin and 1 cup water; bring chili to a simmer. Stir in remaining ½ teaspoon salt and brown sugar. Reduce heat to very low and cook for one hour, covered, stirring occasionally. 3. To serve, ladle chili into bowls and garnish with cheddar and pepitas.

Nutrition facts (per serving): calories 303, total fat 12 g, saturated fat 3 g, trans fat 0 g, sodium 1,179 mg, carbs 32 g, fiber 10 g, sugar 10 g, protein 19 g

PORK CHOPS WITH SUPERFOOD MASH & KALE CHIPS

Makes 4 servings

Serving size: 1 pork chop, ½ cup mash, 1 cup kale chips and 1 tablespoon walnuts

Total time: 60 minutes

Hands-on time: 30 minutes

Price per serving: \$4.43

- 2 bunches kale, stems removed, leaves coarsely chopped
- 3 tablespoons extra-virgin olive oil, divided
- 1¼ teaspoons salt, divided
- ½ teaspoon plus ⅛ teaspoon black pepper, divided
- 1 cup diced onion
- 1 red apple, peeled and diced
- 1 tablespoon minced garlic
- ½ cup canned pumpkin puree
- 1 tablespoon cider vinegar
- ½ teaspoon dried sage
- 4 4-ounce boneless pork loin chops
- 1 ounce (¼ cup) chopped walnuts, divided

Directions:

1. Preheat oven to 300 degrees. Line two large rimmed baking sheets with parchment paper. In a large bowl, place the leaves of one kale bunch; pour ½ tablespoon oil over top and massage kale with hands until the pieces are well-coated. Spread kale on one baking sheet and sprinkle with ¼ teaspoon salt and ⅛ teaspoon pepper. Repeat with second bunch of kale, another ½ tablespoon oil, ¼ teaspoon salt and ⅛ teaspoon pepper; spread on second baking sheet. Bake for 10 minutes, then rotate baking sheets and bake another 15 minutes or until the kale is crisp. Remove from oven and set aside. 2. Meanwhile, season both sides of pork chops with ½ teaspoon salt and ¼

teaspoon pepper. In a large skillet over medium, heat 1 tablespoon oil. When oil is hot, add pork chops and cook on both sides, uncovered, until nicely browned and thickest part of pork chop registers 145 degrees when tested with a meat thermometer, about 20 minutes total. 3. Meanwhile, in a medium saucepan over medium-high, heat remaining 1 tablespoon oil. Add onion, apple and garlic; saute 10 minutes, stirring often, until soft. Add pumpkin and 1 cup water. Using an immersion blender, blend ingredients (alternatively, transfer ingredients to a blender; blend until incorporated and return to pan). Stir in vinegar, sage, remaining ¼ teaspoon salt and remaining ⅛ teaspoon pepper. Divide mash among plates; top each serving with a pork chop and place kale chips on the side. Sprinkle walnuts over top.

Nutrition facts (per serving): calories 333, total fat 18 g, saturated fat 3 g, trans fat 0 g, sodium 1,818 mg, carbs 16 g, fiber 4 g, sugar 8 g, protein 29 g

PUMPKIN RISOTTO WITH CHICKEN SAUSAGE

Makes 6 servings

Serving size: 1 cup

Total time: 55 minutes

Hands-on time: 15 minutes

Price per serving: \$2.60

- 4 cups reduced-sodium chicken broth
- 1 cup canned pumpkin puree
- 1 tablespoon extra-virgin olive oil
- 1 cup chopped white onion
- 1 tablespoon minced garlic
- 6 ounces sweet chicken sausage (such as 2 links of al fresco Sweet Apple Chicken Sausage), cut into thin rounds
- 1½ cups arborio rice
- 1 cup dry white wine
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ cup snipped fresh parsley leaves
- ¼ cup shredded Parmesan cheese

Directions:

1. In a medium saucepan over medium-high, heat broth and pumpkin puree. Heat until liquid is steaming, but not simmering, whisking occasionally. 2. In a large pot or Dutch oven over medium-low, heat oil. Add onion, garlic and chicken sausage rounds; cook and stir until onion is softened and sausage pieces are browned, turning often. Using tongs, remove chicken sausage to a paper-towel-lined plate; cover and keep warm. 3. Add rice to pot with onion; stir to coat. Stir in ½ cup of broth-pumpkin mixture and a generous splash of wine; cook and stir until liquid has been absorbed. Continue to cook on medium-low heat, stirring often and adding ½ cup broth-pumpkin mixture and a splash of wine after each previous addition of liquid has been absorbed. The risotto is done when

you've added all the broth-pumpkin mixture and all the wine and the rice is creamy, about 25 to 35 minutes total. 4. Remove from heat and stir in salt, black pepper, parsley and cheese, stirring until cheese is melted. Divide risotto among serving bowls and, if desired, garnish with shaved Parmesan cheese and parsley.

Nutrition facts (per serving): calories 338, total fat 6 g, saturated fat 2 g, trans fat 0 g, sodium 986 mg, carbs 51 g, fiber 3 g, sugar 8 g, protein 12 g

VEGGIE-PUMPKIN MEATLOAF

Makes 8 servings

Serving size: ⅓ meatloaf (two ½-inch-thick slices)

Total time: 1 hour, 10 minutes

Hands-on time: 25 minutes

Price per serving: \$2.46

- 1 cup old-fashioned oats
- 1 medium yellow onion, quartered
- 2 medium carrots, cut into large pieces
- 2 large stalks celery, cut into large pieces
- 3 cloves garlic, peeled and halved
- 1 tablespoon canola oil
- ½ cup ketchup
- ¾ cup canned pumpkin puree, divided
- 2 pounds lean (93/7) ground beef
- 1 egg
- ½ cup chopped fresh parsley leaves
- 1 tablespoon Worcestershire sauce
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper

Directions:

1. Preheat oven to 375 degrees. In a food processor, pulse oats until broken into fine pieces but not a powder. Set oats aside in a bowl and wipe out food processor with a paper towel. Add onion, carrots, celery and garlic to food processor; process until finely chopped. In a large skillet, heat oil over medium-high. Saute chopped vegetables until tender and liquid is cooked out, about 10 minutes. Remove vegetables from heat and let cool 10 minutes. Meanwhile, in a small bowl, combine ketchup and ¼ cup pumpkin puree. 2. To same large bowl with oats, add cooked vegetables, remaining ½ cup pumpkin puree, ground beef, egg, parsley, Worcestershire, paprika, salt and pepper. Combine ingredients. 3. Mist a rimmed baking sheet with nonstick spray. Using hands, shape ground-beef mixture into a loaf shape on baking sheet, about 12 inches by 5 inches. Spread ketchup mixture over meatloaf. 4. Bake meatloaf 45 minutes, or until an instant-read thermometer inserted in center of loaf registers 165 degrees. Let loaf rest 10 minutes before slicing.

Nutrition facts (per serving): calories 271, total fat 11 g, saturated fat 4 g, trans fat 0 g, sodium 559 mg, carbs 17 g, fiber 3 g, sugar 6 g, protein 27 g

**Oxygen's back-to-basics guide
to staying fit — physically and mentally**

your holiday rescue plan

BY JERRY KINDELA, MA, DHS

With the holidays just around the corner, it's easy to feel overwhelmed. You've always liked to have choices, but at this time of year, sometimes the sheer number of choices isn't helpful — what you crave is simplicity.

That's why *Oxygen* is making it easy for you to get back to basics, to what ultimately is most important — your fitness and health. It doesn't take complicated routines, endless hours in the gym or countless hours slaving at the stove. All you need is a quick and dirty primer on what's necessary to stay sane — and healthy — during the holidays.



THREE HEADS ARE BETTER THAN ONE

According to the American Council on Exercise, a number of shoulder injuries occur because of the over use of just one shoulder exercise: the front raise, which trains only the front portion of the shoulder. (You also can overuse the front shoulder muscle by doing a lot of chest training and not focusing on the remainder of the shoulder girdle, the other two sections.) Fact is, you must train all three areas of the shoulder: front, side and (very important for those hunched over computers all day) rear delt. The ACE says most effective exercises include the dumbbell shoulder press (affects overall shoulder structure), incline row (stresses rear shoulders and upper-back muscles) and lateral raise (for side shoulders). (The National Institutes of Health estimates 1.2 million Americans visit U.S. emergency rooms annually for shoulder problems. Studies show 69 percent of the population will experience a shoulder injury at some point.)

In terms of rep speed, slower is better. Lifting too rapidly can lead to injury of the delicate shoulder-girdle structure. Consider one second in the concentric phase and one or two seconds on the negative or lowering phase. As a rule of thumb, the more time under resistance, the better your muscles will grow and gain strength.



percent
better

Eat organic whenever possible. While a 2012 study found no nutritional difference between organic and conventionally grown foods, more recent research published in the *British Journal of Nutrition* turns the earlier finding on its head. Conducted by British scientists, the research found that organically grown crops averaged 17 percent more antioxidants than their relatives who've been grown with the aid of pesticides, fungicides and chemical soil amendments.

Bottom line? Antioxidants may help protect the body and mind from environmental assaults, especially as the weather gets colder.

NO. 1 WHEN TIME IS SHORT

If you can't spare the time for a complete workout, try this combination exercise called the squat-burpee. The movement will hit every major muscle group, get your blood flowing and race your heart. Do this and you won't feel guilty about missing a gym session. (For another quickie option, turn to Page 34.)

Here's how to do it:

Stand with your feet spread hip-width apart. Raise your arms to chest level, palms facing downward. Next, bend your knees and squat downward until your thighs are parallel with the floor. Reverse the action until you are upright and your arms are extended at your sides. Next, squat again, but this time, bring your palms flat against the floor 1 to 2 feet ahead of your feet. Pop your legs rearward until you reach the plank (push-up) position. Do a push-up, and then quickly return to the squatting-palms-on-floor position and jump into the air, extending your arms overhead. Land softly on your toes, get into the starting squat position and repeat. Do six squat-burpees, rest 45 to 60 seconds and repeat four more times.



SEVEN TO NINE IS THE MAGIC RANGE

The National Sleep Foundation reports that 95 percent of the population uses some sort of electronic device — television, tablet, mobile phone, computer, video game, etc. — in the last hour before turning in for the night. As it turns out, the blue lightwaves emitted by most electronics disrupt your circadian rhythms, preventing the release of the brain's sleep hormone melatonin.

Neurosurgeon Brett Osborn, M.D., CSCS, is a diplomate of the American Board of Neurological Surgery and American Academy of Anti-Aging Medicine. He says this about sleep: "The critical need for sleep in the context of health has until recently been unappreciated. Far lesser are the days without sleep you can survive than are the days without food and water." Harvard Women's Health Watch reports that chronic sleep loss weakens the immune system, can lead to high blood pressure and result in weight gain.

To feel fully rejuvenated, rested, alert and de-stressed, the NSF suggests adults get seven to nine hours of sleep per night, depending on individual circumstances. If you work out or if you're highly stressed, for example, you might consider the higher number to fully recover and keep your daytime stress levels under control. As much as possible, avoid using electronics at least one hour before lights out.

For additional ideas on how you can create an ideal sleeping environment, visit sleepfoundation.org.

CARBS BEFORE 6 P.M.

Shy away from carbs? If you're like many women, you tend to think of carbs as the enemy when in fact they are sustenance to your active lifestyle. Take in good carbs but at the right time. Try to eat whole-grain-based carbs at breakfast, snack time and lunch (along with protein!) and then forgo starchy carbs and pack down non-starchy carbs at the dinner meal.

Starchy carbs include corn, peas, potatoes and yams, as well as pasta, white rice and prepackaged baked goods, including breads. On the other hand, non-starchy carbs include all the lettuces, broccoli and broccolini, cucumber, entire mushroom family, spinach, peppers, tomatoes and **onions**.

TAKE 15

Feeling pressured and anxious, nearly everything becomes a nuisance, you feel weepy for no specific reason, you're jumping out of your skin — these and other symptoms of stress appear to be part of the holiday experience even more so than at other times of the year.

The simplest tool at your disposal — called paced deep breathing — can significantly combat the impact of seasonal stress. Writing in *Yoga Therapy: Theory and Practice* (Routledge, 2015), Patricia L. Gerbarg and Richard P. Brown observe that paced deep breathing (approximately six to eight breathes per minute) generates “calming, soothing messages of safety that dissolve anxiety and worry, reduce defensive behaviors and enable more loving, affiliative emotions to influence behavior.” Additionally, according to the Harvard Health newsletter, paced breathing also can “slow the heartbeat and lower or stabilize blood pressure.”

Simple steps, for big rewards: Do the following, starting with a five-minute effort, adding five minutes to the practice every several days, until you can do the breathing exercise for 15 minutes. One session per day will shortly help attenuate your symptoms — though research suggests a greater impact if you can do the exercise twice daily.

- 1) Sit comfortably in a chair, feet flat on the floor, hands on your belly, eyes shut.
- 2) Inhale deeply through you nostrils for six seconds, making sure that your belly rises.
- 3) Exhale slowly for six seconds (through your open mouth or nostrils, whichever feels more natural).
- 4) Become aware of the sensations in your body (heart rate, progressively more relaxed muscles, etc.) ●

30 for fat loss

Oxygen has already pointed out that an ideal breakfast for the active woman should contain at least 30 grams of protein. According to fairly recent research, however, each of your three main meals per day — don't skip any — should contain at least 30 grams of protein, if you want to preserve your muscle while losing weight on a diet. Of course, you will certainly lose weight if you don't eat that much protein, but you will lose both muscle tissue and fat. Also, protein helps your metabolism to keep humming along. Here are a few common sources of 30 grams of protein that may help you stay in the groove:

- 4 ounces lean ground beef
- 6 ounces tempeh
- 4 ounces skinless chicken breast
- 1 can water-packed tuna
- 5 large eggs
- 1 cup cottage cheese
- ¾ cup tofu

BY Lee Boyce, CPT • PHOTOGRAPHY BY Peter Lueders

SMALL CHANGES BIG RESULTS





BE IT MORE
STRENGTH,
MUSCLE
BUILDING,
ENDURANCE
OR FAT LOSS,
OXYGEN
MAKES IT EASY
FOR YOU.
THESE FOUR
TECHNIQUES
HELP YOU GET
THE BODY
YOU WANT.

How do you expect to progress if you're always following the same program? Here are four ways to mix up your training and get you powering forward. Simply choose your goal and then start incorporating the technique into your program.

FOUR GOALS, FOUR TECHNIQUES!

1



STANDING BARBELL STRICT PRESS

Setup: Load a barbell in a rack (if available) and step underneath it so it rests across your shoulders and clavicle. Take an overhand grip on the bar outside your shoulders, lift your elbows in front of you and unrack the weight. Stand with your feet shoulder-width apart, knees slightly bent, abs tight, elbows high.

Move: Without using momentum, press the barbell straight up overhead to full extension, then lower slowly to the start.

PROTOCOL: Do four reps. Rest 15 seconds. Do four reps. Rest 15 seconds. Do four reps. Rest two to three minutes. Repeat two more times.

YOUR GOAL: GET STRONGER HOW TO DO IT: CLUSTER TRAINING

When trying to build strength and/or muscle, logic dictates you should lift heavier. To accomplish this, try cluster training. Cluster training involves taking short, inter-set rest breaks (10 to 30 seconds) to partially recover, allowing you to do more repetitions with a heavy weight than you could typically do with a straight set. For example, if you normally do 10 reps of heavy barbell biceps curls, you could do three smaller sets of four reps each, with a 10- to 30-second mini-break in between sets. In the end, you get in two more reps per set than you usually do using a heavy weight, increasing overall training volume and boosting gains.

TRY IT: Standing barbell strict press

- Use a challenging weight with which you can normally get about 10 reps. ■ Do three rounds of three to four cluster sets. ■ Rest two to three minutes between each set (depending on how heavy you're going).

TIP: Between clusters, place your barbell on a rack (if available) or on the floor so you can fully benefit from complete rest. Start your rest time when the barbell hits metal or the floor.

Variety is the spice of life
With cluster training, you can endlessly manipulate the variables to keep things interesting: Shorten/increase the rest time, decrease/increase the number of reps per cluster or change the amount of rest time between sets.



YOUR GOAL: GET STRONGER

2

YOUR GOAL: TORCH FAT

YOUR GOAL: TORCH FAT HOW TO DO IT: CONTRAST SETS

Contrast sets are a great way to extend a traditional set to train for conditioning and fat burning. They add volume to your workout without overly taxing your central nervous system. Simply pair a standard strength movement with an explosive variation of the same kind of movement without weight, such as a heavy squat paired with a bodyweight squat jump. The unloaded exercise “tricks” the muscles into firing as strongly as they did when they had to lift a heavy weight seconds earlier, incorporating more fast-twitch muscle fibers, which are those most responsible for improvements in physique and performance.

TRY IT: Deadlift + standing broad jump

- Use a moderately heavy weight for your deadlift. ■ Go right from the deadlift to the standing broad jump with no rest. ■ Rest one to two minutes between sets. ■ Do a total of four sets.



Deadlift



Standing broad jump



DEADLIFT

Setup: Load a barbell on the floor and stand with your toes underneath it, feet hip-width apart, toes turned out slightly. Squat down and take an overhand grip (or flip grip) on the barbell just outside your legs. Your back should be flat with your hips lifted, your head neutral and your shoulders over the barbell with your weight in your heels.

Move: Extend your legs and hips and pull the barbell up in a straight line from the ground, pressing your knees back as you come to a full standing position. Reverse these steps to return to the start.

STANDING BROAD JUMP

Setup: Stand with your feet hip-width apart, arms at your sides.

Move: Bend your knees and lower quickly into a half squat, swinging your arms behind you as you load up. Extend your legs and throw your arms forward to explode off the floor and leap forward as far as you can. Land softly and compress immediately into the next rep.

OTHER GREAT CONTRAST SETS EXERCISE/CONTRAST PAIRING

- Squat/Squat jump
- Bench press/Plyometric push-up
- Standing shoulder press/Medicine-ball overhead throw and catch
- Split squat/Jumping switch lunge

PROTOCOL: Do 10 reps of deadlifts. Do 10 reps of standing broad jumps. Rest one to two minutes. Repeat three more times.

Push-up



YOUR GOAL: METABOLIC MAKEOVER HOW TO GET IT: LADDER SETS

Ladder training offers the ultimate in metabolic conditioning: Extended sets of continually increasing repetitions paired with short rest intervals means your body will be in a state of EPOC (excessive postworkout oxygen consumption), trying to recover for hours afterward. This recovery process burns a ton of fat and calories and means faster results. Ladder training is also a brain buster: With each rung of the ladder, the intensity will increase and mental focus becomes key in order to power through.

TRY IT: Push-up, bent-over dumbbell row, dumbbell thruster

- Do all three moves in a row with no rest in between to complete one rung. ■ Rest 30 seconds between each rung. ■ Do a total of six to 10 rungs. ■ Do three total ladders.

TIP:

Pace yourself. The last thing you want is for your form to slip, so it's better to underestimate your abilities rather than overshoot and get injured.

Bonus round! Go back down the ladder: Do 10 reps of each move, rest, then nine, rest and so on until you return to one.

Dumbbell thruster



Bent-over dumbbell row



PUSH-UP

Setup: Place your hands shoulder-width apart on the floor and extend your legs behind you.

Move: Bend your elbows and lower your body toward the floor. When your chest nearly touches, extend your arms to return to the start.

BENT-OVER DUMBBELL ROW

Setup: Hold a set of dumbbells at your sides, palms facing inward. Bend forward from your hips with a flat back until your torso is about 45 degrees to the floor.

Move: Drive your elbows skyward to pull the weights into your rib cage. Pause at the top, then lower slowly to the start.

DUMBBELL THRUSTER

Setup: Stand with your feet hip-width apart, toes turned out slightly, and hold a set of dumbbells at your shoulders with your palms facing inward.

Move: Kick your hips back and bend your knees to lower into a deep squat, keeping your torso upright and your shoulders back. Power through your heels to extend your legs and return to standing, using the force generated from the upward thrust to quickly press the dumbbells straight up overhead. Lower the weights back to your shoulders to complete one rep.

PROTOCOL:

Do one rep of each move. Rest 30 seconds. Do two reps of each move. Rest 30 seconds. Do three reps of each move. Rest 30 seconds. Continue in this fashion until you complete 10 reps of each move.

3

YOUR GOAL: METABOLIC MAKEOVER

4



TIP: Don't rush with this technique. Do each portion slowly and deliberately to fire and tax the most muscle fibers possible.

SUMO DEADLIFT

Setup: Load a barbell and stand with your feet wider than shoulder-width apart, toes underneath the bar. Bend your knees and drop your hips with your back straight until you can take an overhand grip on the bar.

Move: Stand up and pull the bar upward, keeping it close to your body throughout. Pause at the top and squeeze your glutes, then lower the bar down halfway to a point at knee level or slightly below and pause. Extend your legs and come to the start once more, then lower all the way back down to the ground to complete one rep.

PROTOCOL: Stand all the way up. Pause for one count and squeeze. Lower to the halfway point. Pause for one count. Stand all the way up. Pause for one count and squeeze. Lower back to the bottom to complete one repetition. Repeat for six to eight reps. Rest two to three minutes. Do three to four more sets. ●

YOUR GOAL: STRENGTH AND POWER HOW TO DO IT: 1.5 REPS

Extending your time under tension is one of the best ways to elicit change, and the 1.5-rep technique is an excellent TUT formula. The idea is to double the workload in the bottommost portion of a move — the part where strength and force production are usually at their weakest — helping you develop strength where you had none before. The measured pace of this technique also eliminates the “rebound” effect on things like squats and descending motions — that bouncing at the bottom of the move that generates momentum to help you return to the start. This way, your muscles are forced to work harder and your joints and connective tissues are protected, translating into better results.

TRY IT: Sumo deadlift

■ Use a slightly lighter weight than normal because you will essentially be doing two deadlifts in one. ■ Do four to five sets of six to eight reps. ■ Rest two to three minutes between sets.



YOUR GOAL: STRENGTH AND POWER



YOUR
ULTIMATE
MEAL-PREP
PLAN

5 FOODS 30 RECIPES

Turn these five main ingredients
into a week of clean eating — BOOM!

By Allison Young

Talk to enough fitness pros and a common message emerges: The key to eating for a lean physique is fixing food in advance. But even if you know that meal prep makes healthy eating as easy as hitting the drive-thru, the “whats” and “how-tos” might hold you back. Until now. We got seriously busy in the kitchen and dirtied every pot and pan to deliver the ultimate food-prep guide ... because sometimes you just need someone to hold your hand through it. The result: fresh, fun and healthy no-stress meals all week long!



BAKED SWEET POTATOES

hands-on time: 2 minutes

total time: 45 minutes

➔ Don't limit sweet potatoes to Thanksgiving. The nutrient-packed spuds can sweeten soups, salads and even pizza. "Sweet potatoes are a complex carb that can make a great preworkout snack or included in a post-recovery meal," says Rebecca Scritchfield, RDN, a registered dietitian in Washington, D.C. In addition to containing loads of fiber for digestive health and potassium to reduce bloating, the orange tubers are a surprising source of vitamin C and a super source of vitamin A — we're talking four times your daily needs in just one tater!

PREP IT!

(4 medium sweet potatoes)

The oven method is long but foolproof: Preheat oven to 375 degrees. Scrub potatoes well, wrap in foil, prick several times with a fork and bake about 45 minutes, until tender. Or pierce and nuke on high about six minutes, flipping halfway through.



EAT IT!

● Sweet potato smoothie

Almond milk + frozen banana + sweet potato + ground cinnamon

● Sweet potato quinoa salad

Chopped sweet potato + quinoa + arugula + hard-boiled eggs + sunflower seeds

● Sweet potato pizza

Top a flatbread with olive oil + thinly sliced sweet potato + caramelized onion + kale + crumbled feta, bake 15 minutes at 375 degrees.

● Sweet potato hummus

Sweet potato + canned or cooked chickpeas + garlic + lemon juice + olive oil + sea salt

● Mexican-style sweet potatoes

Baked sweet potatoes topped with black beans + corn kernels + diced red bell pepper + pulled pork + salsa

● Spicy sweet potatoes

Mash together sweet potatoes + canned chipotle pepper in adobo sauce + salt + pepper

HARD-BOILED EGGS

hands-on time: 1 minute

total time: 15 minutes

➔ More than a breakfast bite, eggs really are incredible: Boil a dozen at a time and you have an instant protein source to throw into salads, sandwiches or even your gym bag. "Eggs are a great source of protein and the amino acid leucine, which helps stimulate protein digestion and speed up muscle recovery," Scritchfield says. Plus, the yolks are loaded with B vitamins to convert carbs into energy and vitamin D for bone health.

PREP IT! (12 eggs)

Making the perfect hard-boiled egg is easy: Place eggs in a large saucepan, cover with water by 1 inch and bring water to a boil. Cover and remove from heat and let sit 12 minutes. Refrigerate in the shell for up to a week.

EAT IT!

● Avocado toast

Whole-wheat toast topped with avocado + sliced hard-boiled egg + paprika

● Egg muffin

Whole-wheat English muffin + sliced hard-boiled eggs + deli turkey + spinach

● California Cobb salad

Chopped Romaine + chopped hard-boiled eggs + diced avocado + halved cherry tomatoes + chopped chicken breast

● Potato salad

Cooked and cubed red potatoes + halved hard-boiled eggs + fresh parsley + fresh dill + vinaigrette

● Curried egg salad

Mashed hard-boiled eggs + plain Greek yogurt + mustard + chopped chives + chopped red bell pepper + curry powder

● Green eggs

Sauteed greens + garlic topped with sliced hard-boiled eggs

STEEL-CUT OATS

hands-on time: 1 minute

total time: 30 minutes

➔ When it comes to priming your muscles for a workout, steel-cut oats are where it's at. "They contain carbohydrates that are digested more slowly to help supply a sustained source of energy to help fuel your training," says Melina Jampolis, M.D., author of *The Doctor on Demand Diet* (Bird Street Books, 2015). The hearty whole grain also contains manganese for strong bones and healthy connective tissue and plenty of protein: 7 grams per ¼-cup serving. Bonus: The minimally processed oats can be made either sweet and savory and get creamier, not clumpier, when reheated.

PREP IT!

(1-2 cups dry steel-cut oats)

Speed up your stove-cooking time by pre-soaking the oats overnight: Before bed, pour 4 cups boiling water over 1 cup dry oats, and the next morning, simmer until cooked through. Even easier is the rice cooker: Combine 1 cup dry oats with 2½ cups water, press the button and walk away. Store covered in the fridge for up to five days or freeze.

EAT IT!

● Chia pudding

Chia seeds + steel-cut oats + vanilla yogurt + mashed banana (Let sit 30 minutes before serving.)

● Savory breakfast bowl

Steel-cut oats + turkey bacon + sliced hard-boiled egg

● Mushroom soup

Steel-cut oats + mushrooms + chopped leeks + vegetable broth

● Protein bowl

Steel-cut oats + shelled edamame + shredded chicken + grated carrots + chopped peanuts

● Steel-cut tabbouleh

Steel-cut oats + chopped red bell peppers + diced Persian cucumbers + chopped parsley + lemon juice + olive oil

● Steel-cut cookie dough

Steel-cut oats + peanut butter + honey + chocolate chips

PULLED PORK SHOULDER

hands-on time: 5 minutes

total time: 8-10 hours

➔ Fatty bacon gives pork a bum rap, but a 3-ounce serving of pork shoulder has 19 grams of protein (Wowza!) and only 3 grams of fat, plus plenty of B vitamins. "It's a very lean meat option that's easier on the digestive tract after a long grueling workout," Scritchfield says. It's also a good source of iron, something active women are often lacking, Jampolis adds. And despite being synonymous with sandwiches, pulled pork stretches into dozens of meals.

PREP IT!

(3-4 pounds pork shoulder)

The slow cooker effortlessly produces fall-off-the-bone pork. Trim fat and combine pork shoulder, 1 cup water plus a squirt of ketchup and a drizzle of molasses in a slow cooker, cover and cook on low eight to 10 hours until pork shreds easily with a fork. Store in the fridge for up to five days; it also freezes brilliantly.

EAT IT!

● Pulled pork hash

Pulled pork + diced onions + diced sweet potato + diced red bell pepper

● Pulled pork breakfast burrito

Pulled pork + chopped hard-boiled egg + salsa wrapped in a whole-wheat tortilla

● Pulled pork chili

Pulled pork + white beans + canned diced fire-roasted tomatoes + chili powder + touch of molasses

● Pulled pork peach salad

Pulled pork + mixed greens + chopped peaches + red onion + sliced almonds

● Pulled pork lettuce wraps

Green leaf or Boston bibb lettuce topped with pulled pork + shredded red cabbage + sesame seeds + fresh cilantro + Sriracha

● Pulled pork shepherd's pie

Layer pulled pork + peas + corn kernels + mashed sweet potato + shredded cheddar, bake 25 minutes at 400 degrees





HOMEMADE PESTO

hands-on time: 5 minutes

total time: 5 minutes

➔ Easy-to-make pesto is a simple way to add a flavor punch to sandwiches, salads and veggies — all while getting your greens and healthy fats. “Basil and garlic are terrific sources of disease-fighting phytonutrients, and pine nuts provide magnesium for heart health, bone health and blood sugar control,” Jampolis says. Pine nuts also could curb your appetite by increasing the release of satiety hormones. Plus, pesto is chock-full of antioxidants to strengthen your immune system and your brain.

PREP IT! (pesto)

One food processor, five ingredients and bam, you have a brag-worthy sauce: Add 6 cups fresh basil, ½ cup pine nuts, 2 cloves garlic and ¼ cup grated Parmesan and pulse to chop finely. Scrape down the sides and stream in ¼ to ½ cup olive oil with the blender running — and presto pesto!

EAT IT!

● Pesto omelet

2 eggs + pesto + halved cherry tomatoes

● Pesto chicken salad

Shredded chicken breast + diced celery + diced red onion + walnuts + pesto + lemon juice

● Creamy pesto dip

Pesto + Greek yogurt

● Quinoa pesto salad

Cooked quinoa + blanched broccoli + pesto + sunflower seeds

● Pesto chicken soup

Shredded chicken + diced carrots + canned chickpeas + chicken stock + pesto

● Pesto salmon

Rub salmon fillets with pesto, bake at 400 degrees for 20 minutes or until cooked through ●



Resistance bands, although frequently used for legs and arms, rarely get used in ab training. But these take-anywhere tools offer continual tension throughout the concentric and eccentric parts of a repetition, resulting in better strength gains. Now pair these bands with Pilates exercises and you're talking serious results. Many exercises done on a Reformer can be performed with bands to add resistance, and because Pilates emphasizes proper position from beginning to end, your abs will be continually engaged while preventing the use of momentum.

BY LARYSA DIDIO, ACE-CPT

shake it up

COUPLED WITH THE POWER OF PILATES, THIS BAND WORKOUT WILL
GIVE YOUR MIDSECTION A UNIQUE PICK-ME-UP.



PHOTOGRAPHY BY CORY SORENSEN



- LEG LIFT TO FROG DROP
- BICYCLE SCISSORS
- REVERSE CRUNCH AND EXTEND
- SIDE-PLANK ROW
- ROLL-UP
- STATIC ARM HOLD AND LEG EXTENSION

SETS

3

3

3

3

3

3

3

3

REPS

8-10

12-20 EACH SIDE

8-12

8-12 EACH SIDE

8-12

8-10

workout tips

◆◆◆ Choose a band with a resistance appropriate to your strength and fitness level. Anchor the band securely around a stable object to ensure it does not slip. Adjust the tension — and therefore the difficulty — of the move by shifting closer to or farther away from the anchor.

◆◆◆ Borrow the mindful breathing techniques used in Pilates to properly oxygenate your muscles while connecting to your body more completely: Inhale as you prepare to do the move, then exhale fully as you execute it. Imagine emptying your body of air as you draw in and contract your abs, doing each move deliberately without rushing.

◆◆◆ Pilates is based in dance, so be graceful and extend your limbs completely with each rep to develop that long, lean look. Reach your toes away from you as far as you can, sit up as tall as you can, and emulate proper posture with your shoulders drawn back and your neck long.

Don't rush this move. Do each part with intention and remember to breathe.



LEG LIFT TO FROG DROP

SETUP: Lie face up with your head toward the anchor and secure your feet in the band handles, extending your arms out to the sides.

MOVE: Keeping your legs together, raise them 90 degrees, lift your hips off the ground a few inches and press your feet toward the sky. Slowly lower your hips and bend your knees, opening them wide. Then extend your legs out so they're straight and about 45 degrees to the ground to complete one repetition.

Keep your chin lifted off your chest to protect your cervical vertebrae. Imagine an apple under your chin to maintain that space and length in your neck.



BICYCLE SCISSORS

SETUP: Lie faceup with your head toward the anchor and secure your feet in the band handles. Place your hands lightly behind your head for support and bend your knees, lifting them over your hips.

MOVE: Alternately extend one leg away from you while drawing your opposite knee in and reaching your opposite elbow toward that knee. Continue, alternating sides.

REVERSE CRUNCH AND EXTEND

SETUP: Lie faceup with your head toward the anchor and secure your feet in the band handles, legs extended along the ground and arms out to the sides.

MOVE: Draw your knees into your chest, then slowly extend them out completely so they are about 6 to 8 inches above the ground.



If you're losing your balance, drop your bottom knee to the ground for better stability.



Make sure your core stays tight and that your lower back does not overarch when you're lowering your legs.

SIDE-PLANK ROW

SETUP: Facing the anchor, get into a side plank on your elbow with your head, hips and heels in line. Hold both ends of the band in your top hand with your arm extended at shoulder height.

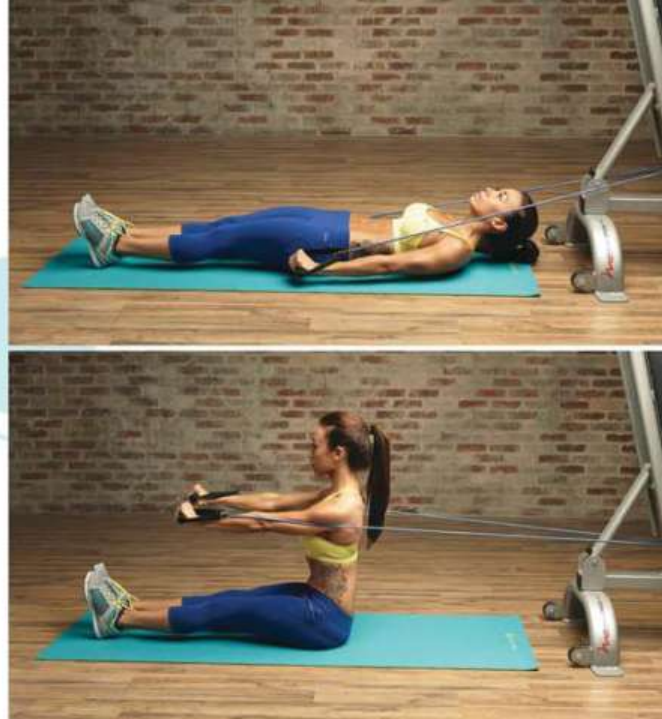
MOVE: Drive your elbow directly backward, pulling the handles in toward your rib cage. Pause and squeeze at peak contraction, then slowly return to the start.

To make this easier, do it with your legs spread in a V to create a larger base of support.

ROLL-UP

SETUP: Lie faceup with your head toward the anchor and hold the ends of the bands along your sides, arms straight.

MOVE: Curl up one vertebra at a time until you're sitting erect with your back straight, and press your arms forward from your chest until they, too, are straight and parallel to the ground. Slowly lower back down to the ground and extend your arms along your sides once more.



STATIC ARM HOLD AND LEG EXTENSION

SETUP: Lie faceup with your head toward the anchor, legs lifted straight up over your hips. Hold the band handles with your arms extended.

MOVE: Keeping your arms straight, press them forward and curl up off the floor as you lower your legs slowly until they are about 45 degrees from the ground. Hold here for three full breaths, then return to the start. ●



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taking ▼

Unilateral training does more than improve your posture. Learn some of the benefits of practicing a one-sided workout, and add these eight fresh new moves to your toolbox.

PHOTOGRAPHY BY CORY SORENSEN

BY LARA McGLASHAN, MFA, CPT, FITNESS EDITOR



► Your body is used to taking sides — you're right- or left-handed, right- or left-footed, right- or left-brained. But your preference for sidedness could mean muscular imbalances that lead to impaired results and possible injury down the line. Even trainees who practice perfect form can develop imbalances due in part to genetic kinesiology. (Thanks, mom and dad!)

But injury prevention aside, unilateral training has a host of benefits — illustrated below — that you might not have known about, and anyone at any level can improve her form, function and results by adding this sort of training to her regimen. >>>

→ sides

>>> What's so great about it?

- **It recruits more muscles:**

Unilateral training demands more from your joints, stabilizing muscles and connective tissues to steady you as you move a load from point A to point B. Additional muscular recruitment means you build greater all-over strength, which translates into accelerated results and better injury prevention.

- **It improves contralateral strength:** The word "contralateral" pertains to the same muscles on opposite sides of the body — i.e., your right pec vs. your left pec. Studies have shown that work done on one side of the body not only benefits the muscle being worked but also the contralateral muscle on the opposite side of the body — even if that muscle remains untrained. So in the instance of your pecs, if you do a one-arm dumbbell bench press with your right side, your left pec will still reap the benefits with up to 50 percent gains in terms of strength. Crazy, right?

- **It provides a crunch-free core workout:** Unilateral movements stress only one side of the body, forcing you to compensate for this uneven load distribution by activating your core muscles. Your core works as an anti-rotation device in this instance, dynamically stabilizing your lower back and hips, preventing you from twisting and torquing.

- **It enhances proprioception:** There is a learning curve associated with unilateral training, and you hone your balance and coordination in order to properly perform an exercise. This means better overall kinetic activity throughout your body and improved performance in the gym and on the playing field.

- **It corrects imbalances:** No one wants to be walking around with one arm or leg bigger than the other, so to bring up lagging parts, unilateral training is your best friend. Improving strength in contralateral muscles relative to one another also means that no muscle is a weak link and that the risk of injury is diminished.

THE MOVES

You're probably familiar with most of the typical one-handed or one-legged moves, so to help stuff your training toolbox, we've come up with some unique and unusual ways to train your separate halves. Blend these moves into your regular training routine, or do a couple of weeks of one-sided training to throw your body a curveball.



One-arm TRX biceps curl

Setup: Make the TRX straps fairly short so you can hold both handles in one hand at ear level with your arm bent 90 degrees, palm facing your head. Stand sideways to the anchor with your feet together, opposite hand on hip. Lean away from the anchor until your arm is fully extended.

Move: Keeping your body straight and steady, bend your elbow and pull yourself up by curling your biceps until you come to standing. Slowly uncurl your arm and return to the start. Do all reps on one side before switching.

Tip: The greater your angle of lean-away from the TRX, the more challenging the move becomes. Play with your distance and angle to make the move easier or harder.

One-arm Swiss-ball dumbbell chest press

Setup: Lie faceup on a Swiss ball so your upper back and shoulders are supported, and lift your hips to come in line with your knees. Hold a dumbbell at your chest with your palm facing forward, elbow bent and flared out in line with your shoulder. Spread your feet wide for stability and place your hand on your hip.

Move: Press the dumbbell upward by extending your arm until it's straight. Slowly lower to the start and repeat right away. Complete all reps on one side before switching.

Tip: Don't allow the ball to roll around. Cinch down your abs and control your hips to keep it steady as you move the weight.





3

One-arm dumbbell cross-body triceps extension

Setup: Lie faceup on a flat bench with your back arching naturally, and hold a dumbbell in one hand with your arm straight up over your shoulder, palm facing forward.

Move: Keeping your upper arm perpendicular to the floor, bend your elbow and slowly lower the dumbbell down and across your body toward your opposite shoulder. When it touches or nearly touches your shoulder, reverse the move and raise the weight back to the start, squeezing hard as you reach the top. Do all reps on one side before switching.

Tip: **Actively contract the lat on the working side to help stabilize your shoulder and control your upper arm.**

One-arm lawn-mower dumbbell row

Setup: Take a split stance with your left foot forward and hold a dumbbell in your right hand. Bend forward from your hip with a straight back and place your left hand on your left thigh, with your right arm hanging straight down to the floor, palm facing inward.

Move: Row the dumbbell upward by driving your elbow toward the ceiling. As you reach the top of your range of motion, continue the pull by twisting your torso and shoulders and opening your chest to the right. Uncoil and return the way you came to the start. Do all reps on one side before switching.

Tip: **Make this motion smooth and controlled, not jerky and explosive like a real lawn mower!**

4



“Additional muscular recruitment means you build greater allover strength, which translates into accelerated results and better injury prevention.”

No-touch skater lunge

Setup: Stand on your left foot with your right knee bent, foot lifted behind you, knee flared out.

Move: Bend your standing leg and squat down, tracking your knee over your toes and keeping your hips square as you reach your arms to the left side. Simultaneously reach your right foot behind you and to the left side to counter-balance your weight, but don't let it touch the floor. Stand back up to the start and repeat right away. Do all reps on one side before switching.

Tip: If you have trouble balancing, touch your toe lightly on the floor.



One-legged Bosu squat

Setup: Stand on the dome of a Bosu and lift one foot. Extend your arms to the side and focus on a spot on the floor several feet in front of you. Tighten your abs and square your hips.

Move: Slowly bend your knee and squat down as low as you can, keeping your chest lifted and your shoulders back. Feel free to move your arms forward or to the side to help balance, as shown. Extend your leg to return to the start. Do all reps on one side before switching.

Tip: Your ankle will work double time here to keep you steady on an unstable surface. Split your sets into smaller groups of reps to prevent burnout of those tiny muscles.





7

Single-legged deadlift windmill

Setup: Stand on your right foot with your left leg behind you. Extend your arms out to the sides at shoulder height.

Move: Keeping your back straight, hinge at the hips and fold forward while simultaneously lifting your left leg up behind you. As you descend, slowly open your chest to the right side, reaching your left fingers for your right toes and your right fingers for the sky. Slowly return to the start. Do all reps on one side before switching.

Tip: Bend your standing knee slightly to help maintain balance and prevent strain in the back of your knee.



8

One-arm dumbbell push press

Setup: Stand with your feet shoulder-width apart. Hold a dumbbell at your shoulder with your palm facing forward, elbow down.

Move: Bend your knees slightly to load up, then extend them quickly and push through your heels and glutes, using that power and slight momentum to press the dumbbell straight up over your shoulder to a full extension. Lower it slowly back to the start and repeat right away. Do all reps on one side before switching.

Tip: This is a dynamic move and should involve more than simply your shoulder to execute. ●



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Hoping for a baby?

If you and your partner are trying to conceive, take a look at his diet. According to a recent study, "Men who ate the least amount of processed meat had a nearly 30 percent higher chance of fertilizing an egg." To learn more, see our new "Mom Up!" column on Page 86.





EAT THIS, KNOCKED UP

Let's face it: There are only so many oysters in the sea that can serve as aphrodisiacs for aspiring parents-to-be. Which is why we're turning the pages of *Food for Fertility: The Conception and Pregnancy Cookbook* (Lorenz Books, 2015). The brand-new hardcover compendium covers everything from, ahem, eggs to eggplant in 50, photo-rich recipes. You also can boost your baby-making odds by booting processed meats from the house. A new study published in the August 5, 2015, online edition of *Fertility and Sterility* found that men who brought home the bacon and ate it, along with sausages, Spam and other processed meats, were less likely to conceive a child through fertility treatments. Red meat gets a red light, too. Those who ate chicken and poultry had greater success rates: Men who ate the least amount of processed meat had a nearly 30 percent higher chance of fertilizing an egg.

GETTING STRONGER MEANS A LOWER RISK OF GESTATIONAL DIABETES
 "Exercise is not something to be feared during pregnancy," reassures Spanish researcher Gema Sanabria-Martinez, whose brand-new study reveals how hitting the gym can reduce your risk of developing gestational diabetes while also controlling weight gain. The *BJOG: An International Journal of Obstetrics and Gynecology* report analyzed workout habits of nearly 3,000 pregnant women and found that those who did combined strength training with toning, flexibility and cardio work throughout their nine months had a 36 percent lower risk of gestational diabetes and weighed 2 pounds lighter than women who eschewed exercise.

Want a full-term baby? Work out full term, too

Turns out that working out actually protects your pregnancy more than physicians once thought, according to a groundbreaking new study on VO2 max and miscarriage published in August 2015 in *BMC Pregnancy & Childbirth*. When researchers analyzed the term length of babies born to mothers in Sweden, they found that the higher the VO2 max, or maximum oxygen uptake, the higher the chances of avoiding miscarriage. "Physical fitness appears to be a protective factor of established pregnancies," write the authors, suggesting that increased levels of serum relaxin may be the connection.

20.10

THE POINTS MOMS WHO WORKED OUT IN GROUPS REPORTED AS THEIR "SATISFACTION WITH LIFE" VERSUS 19.18 AMONG MOMS WHO WORKED OUT ALONE, ACCORDING TO AN AUGUST 2015 REPORT IN *HEALTH CARE FOR WOMEN INTERNATIONAL*.

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Meet “Commando Barbie”

Lacie Mackey talks about training Hollywood’s elite, why she’s at home just 31 days a year and how she got her nickname. **By Diane Hart, editor-in-chief**



Lifting an Atlas stone or doing a yoke carry makes me feel powerful. It translates into the mindset that I can do anything if I am present and trust myself. 💪

When it comes to teaching Hollywood’s A-list how to do stunts, strength-and-conditioning coach Lacie Mackey takes an analytic approach — she literally breaks them down into individual movements and then masters each one, methodically plotting out modifications for every segment.

It’s challenging work — she’s often given just a couple of weeks to map out a training program — but ultimately gratifying when the actor gets it right.

The irony is, Mackey, co-owner of Caveman Coffee Co., took the stunt-training job on a fluke four years ago and has been constantly in demand since then. Today, she’s trained a dozen or so actors and has five major films to her credit. On set, you’ll usually find her in an 18-foot trailer/gym outfitted with equipment to get the actors in fighting fit shape.

Coupled with her work as a business co-owner, the stunt training keeps her so busy she’s not often in Los Angeles — in fact, last year she spent only 31 days in her apartment. “Due to the nature of the film industry and Caveman Coffee, I’m away a lot — I actually live out of my suitcase so much sometimes I don’t even unpack when I’m home.”

But when she is at home, the 32-year-old loves nothing more than going to the gym.

“Lifting an Atlas stone or doing a yoke carry makes me feel powerful,” she says. “For me, it trans-

lates into the mindset that I can do anything if I am present and trust myself.”

In fact, she believes that being strong physically filters into many other areas of her life — including her business. “There is nothing more empowering than pushing past what you thought your limits were; it’s a phenomenal feeling,” Mackey says. “For me, moving beyond my perceived limits transfers into my business life and allows me to think anything is possible if you apply the correct tools.”

She’s always been fit and competitive — once in a state basketball championship game, she nearly took out a girl just trying to fight for the ball, earning her the nickname “Commando Barbie.”

Since then, she’s run several 5K, 10K and half marathons and competed in the CrossFit Open every year since 2011, including competitions in Iceland, Russia, the United Kingdom and Japan.

In the next six months, she and her partners are opening up more retail stores, which means even more time spent on the road. But despite the traveling, she’s committed to staying fit and strong.

“There is a power within each of us, and it is our responsibility to fuel that power for a more positive self,” Mackey says. “By participating in fitness, we gain control over ourselves and we inspire others to do the same.”

The Bolivian queen

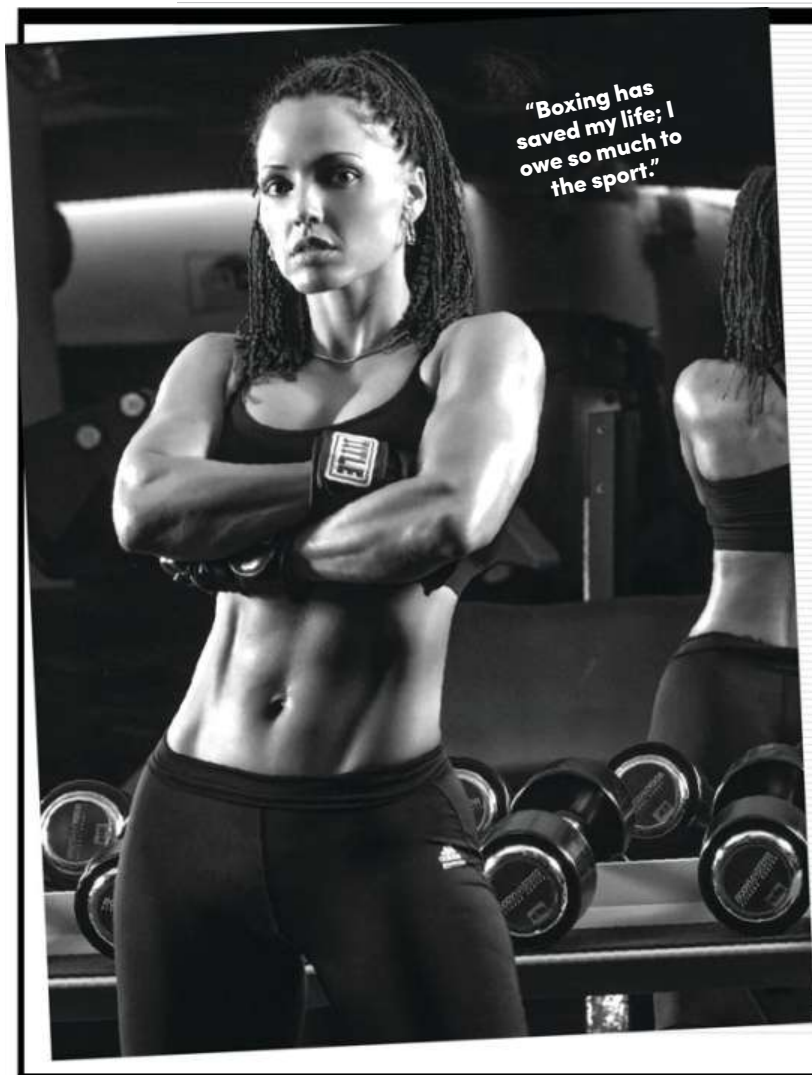
Pro boxer Jennifer Salinas, mother of four, is a force to be reckoned with in the ring. **By Maura Weber**

➔ Professional boxer and MHP athlete Jennifer Salinas says that her teenage years were rough. “I was a troubled young girl, always getting into fights in school and the streets,” she says. While working as a waitress in Grand Rapids, Michigan, she felt curious to check out a boxing gym but got a less than warm reception. “I’m never going to forget the feeling of humiliation and rejection that day,” she says. She persevered, though, and went to another boxing gym that welcomed her and helped her get her start. Before long, she was Michigan’s Golden Gloves champion for 2001, and she now has a record of 20 fights, three belts and just three defeats. “Boxing has saved my life; I owe so much to the sport,” she says. “I love what I do. The challenges keep me going. The obstacles keep coming my way as if they want me to quit, but I’m not a quitter.”

As if her boxing career isn’t impressive enough, Salinas is also the mother of four children with her husband, Ernesto

Guevara. “I have a very busy lifestyle. My days start at 6:45 with getting breakfast ready for everyone, then heading to the gym for my strength-and-conditioning training,” she says. She relies on MHP’s high-protein snacks, including the Fit & Lean Protein Brownie and Fit & Lean Power Pak Pudding, to meet her protein needs during her hectic days.

The 2015 UBF super featherweight champ currently lives in Bristow, Virginia, but she spent much of her childhood in Bolivia, earning her the ring nickname “The Bolivian Queen.” She follows a tough training routine that includes sparring and technical boxing workouts on Monday and Wednesday, weight workouts on Tuesday, Thursday and Saturday with emphasis on leg exercises, then running and sparring on Friday and a rest day on Sunday. “I’m willing to go to the extreme,” Salinas says. “My future plans are to continue being the best mom I can be and preparing for future bouts.” ●



JENNIFER'S SAMPLE ONE-DAY MEAL PLAN:

Breakfast: Oatmeal, cup of coffee with 2% milk

Postworkout snack: Protein smoothie, 8 ounces water

Lunch: White rice, chicken breast, 8 ounces water

Afternoon snack: MHP Fit & Lean Power Pak Pudding

Dinner: Veggies, chicken breast, 8 ounces water



JENNIFER'S SMOOTHIE RECIPE:

Put a handful of almonds, a handful of baby spinach, three strawberries, 2 teaspoons dry oatmeal, about five baby carrots, two small celery sticks and a scoop of MHP Pro Platinum 100% Whey Isolate powder in a blender, then add enough water and ice to blend.



“I had to get healthy as an example for my child, and he needed and deserved better than this unhealthy, sad person I had become.”

FACTS

Name:
Chantal Swart

Hometown:
Pietermaritzburg,
South Africa

Age: 45

Height: 5'4"

Old weight:
178 lb

Occupation:
Makeup artist and
fitness coach

Words of wisdom:
“Work slowly toward one big goal. And if you fall along the way, as long as you are falling forward, you are still making progress.”

CURRENT WEIGHT
143 lb

No more jiggly bits!

After life spiraled out of control, this mom got it together at the gym.

By Lara McGlashan, MFA, CPT, Fitness Editor

➔ A competitive swimmer and water polo player, Chantal Swart was always active and outdoorsy. But after having two miscarriages, her doctor suggested she stop exercising in order to carry her next child to term. Two months later, she was pregnant once more and followed her doctor's orders, ceasing all activity. Thankfully, her son Jaiden was born nine months later, but because of her inactivity, Swart had swelled up to 178 pounds.

Soon after Jaiden was born, they discovered he had a genetic eye disorder, and Swart was thrown into a hectic world of doctors, tests and baby needs. To throw salt in the wound, her new birth-control medication caused her to overeat, and four years later, she weighed more than she did during her full-term pregnancy. “I ate cake, cookies, chocolate, fried food — I was a walking garbage can,” she remembers.

A family holiday was her aha moment, when Swart could barely fit into her clothes and refused to get into her bathing suit. “It was overwhelming and I thought, *How could I allow myself to get this way?*” she says. “So that day — in tears with a runny nose and jiggly everything — I vowed to do

something. I had to get healthy as an example for my child, and he needed and deserved better than this unhealthy, sad person I had become.”

Jiggly bits and all, Swart headed to the gym where she shocked herself by failing miserably at even the simplest things. “I couldn't even do one push-up, and it was a disaster,” she says. But instead of giving up, she made every session an adventure, each week trying to better herself, and in the process learning forgiveness of the sins of cheating on her diet or skipping a workout. In the middle of it all, she got divorced, but she refused to spiral downward as a result; rather, she buoyed herself up and used the adversity as fuel for training. Swart also revamped her diet, eating smaller meals throughout the day and cooking without oil.

It took her a year to reach her fighting weight, but she continued to train with the new goal of building lean muscle to one day get onstage. “My brother's girlfriend got me started with that, and now I am competing nationally and internationally in figure competitions,” she says. Her most recent showing: the 2015 Arnold Figure International. “I finally found my niche,” she says.

"I lost 165 pounds!"

She's half the woman she used to be — in a good way.

By Lara McGlashan, MFA, CPT, Fitness Editor

FACTS

Name:
Gina Canakis

Hometown:
Springfield,
Pennsylvania

Age: 38

Height: 5'1"

Old weight:
298 lb

Occupation:
Blogger

Take-away tidbit:
"Keep a diary of your achievements: Write down the positive differences you see in your transformation. That will give you an immense sense of achievement and will empower you to do more!"

CURRENT WEIGHT
133 lb

➔ Imagine not being able to bend over to pick up a box from the floor, or getting winded walking from your office to the restroom, or having to wear an oxygen mask at night because of obesity-related sleep apnea. This was the reality for Gina Canakis, who, under the pressure of working two jobs, attending real estate school and caring for her disabled father, turned to food for comfort.

Not helping matters one bit was the free food offered literally all day long at her job with Merrill Lynch. Canakis took full advantage of the never-ending buffet, indulging in candy, cake, pizza, hoagies, pasta — nothing was off-limits. "I was comforted by food because of the worries in my life," she says. "My spirit began to evaporate as I got bigger and bigger. I gave up and thought about myself last." Her list of ailments slowly expanded to include acid reflux, eczema and high cholesterol.

Canakis had never been a small girl and had constantly struggled with her weight, but over the course of five years, she gained an incredible 150 pounds. Desperate, she sought the advice of a bariatric surgeon. He instructed her to lose 10 percent of her bodyweight naturally first before they could

even talk about the procedure. In the meantime, Canakis was laid off from her job, which was possibly the best thing that could have happened to her: no more free buffet and no more excuses not to eat right.

Soon afterward, her father passed away because of obesity-related issues. "This was a huge turning point for me and motivated me to move forward," she says. "I wanted to take charge of my life and began to put my weight-loss puzzle together."

With the help of the counselors at Jenny Craig, Canakis changed her eating habits one day at a time, and she slowly eased her way out of fast food and pasta to healthy organic meals and whole foods. She lost 64 pounds with diet alone, then was ready to try the gym. "I had a good experience doing cardio — my speed increased as I got healthier, and my confidence increased as I worked out more," she says. "Even when I was not in the mood to work out, I visualized myself as an active lady who looked fabulous and motivated myself to go." Ultimately, she decided against the bariatric surgery because she was having such success losing weight on her own.

Two years later, she lost an incredible 165 pounds — more than half her bodyweight. She now trains five days a week doing cardio and is ready to try her hand at lifting weights to shape up. "My advice is to be positive, patient and consistent," she says. "Learn as much as you can every day and figure out what works best for you." ●



“Even when I was not in the mood to work out, I visualized myself as an active lady who looked fabulous and motivated myself to go.”

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PHOTO BY ERIC WAINWRIGHT

STATS: 27 • 135 LB • 5'7"



PHOTO BY MICHAEL WYFAK

STATS: 20 • 112 LB • 5'2"

● **TIME TO CHANGE:** "I began my journey to healthier living because I lost my great-grandmother, grandmother and my mom to complications of diabetes," Nneka Olu says. "In my sophomore year of college, I found myself weighing 200 pounds and decided it was time to take better care of myself." Now Olu competes in bikini and works as a trainer specializing in extreme weight loss. "I help women see that they are capable of amazing things," she says.

● **INSPIRED BY TANJI:** Olu says Tanji Johnson is her role model. "I met her in 2010 at the beginning of my competitive journey, and through the years, she has been an unrelenting source of encouragement," she says. Olu also credits her dad with being supportive every step of the way. In the gym, she uses music to get pumped up. "Listening to female power anthems while I'm lifting makes me feel tough, strong and sexy."

● **ROUTINE MATTERS:** Olu follows a workout routine that consists of three days a week training legs with a day of working upper body between each and 45 minutes of cardio a day. She explains that she loves deadlifts because they helped her regain her strength after a back injury and that she likes training in the morning. Her advice to others is to focus on signs of improvement that aren't related to the number on the scale. "Progress can be feeling stronger, having more energy or fitting in clothes better," she says. "Celebrate non-scale victories!"

● **COLLEGE DAYS:** As an undergrad studying nursing at Kent State University in Ohio, Lauren First juggles a lot of different demands on her time. "I try my hardest to balance friends, training and studying," she says. Her background is in gymnastics and competitive dance, and she began working out with weights in her freshman year, then began entering (and winning) bikini competitions. "What drives me to keep going is the picture of me onstage at my last show," she says. "I want to beat that girl and become better!"

● **FOCUS ON TRAINING:** First devotes two days a week to leg training and says her favorite exercise is cable kick-backs. "This move works the glutes to get them tight and firm. It's easy but very beneficial," she says. In addition to a full week's schedule of weight training (with days devoted to arms, chest, back and shoulders/abs), she also does high-intensity interval training twice a week for 15 to 20 minutes. She likes the efficiency of HIIT. "I know I can break a sweat really quick with this form of cardio," she says.

● **SOCIAL PRESSURES:** First describes Ashley Kaltwasser as a role model and aspires to have a career like hers, but she has also learned how important it is not to try to be like anyone else. "It's easy to get caught up in how other girls look," she says. "Everyone is unique. If you compare yourself to you, it makes the process so much easier!"

↑
NNEKA OLU
Kirkland, Washington
Gig: Personal trainer

↑
LAUREN FIRST
Kent, Ohio
Gig: Student



Think you have the fit factor?

Meet 4 women who've got the fit factor

By Maura Weber

PHOTO BY MARK JESSETT



STATS: 43 • 135 LB • 5'6"

● **ARMY TRAINING:** Holly Cortez was athletic through her school days but really got into working out when she joined the military. "I joined the Army when I was 26 — a bit of an old recruit — and I loved the rigorous training," she says. "I started working out after I got out of the Army because I loved my new level of fitness and wanted to maintain it." Now her Army training lives in her memory as a potent motivator. "When I remember what basic training felt like, it reminds me that I can do anything."

● **BUSY LIFE:** These days, in addition to working as a computer systems analyst, Cortez teaches fitness classes and is a wife and mother. "My son, Devin, is 11, and sometimes I'll have him ride his bike with me as I run. I go faster that way," she says. She fits in her strength training around indoor cycling, boot camp and yoga classes. Cortez explains that her husband, Luis Cortez, understands her passion for exercise. "He is in marathon training, so we have different goals, but he gets how important fitness is to me," she says.

● **INSPIRING WORDS:** Cortez is a believer in the power of the mind. "When the going gets tough, remember what you're working toward. Get a vision of your destination and push toward it," she says. Her advice is to think positive. "When you start thinking of yourself as a healthy person, guess what? You'll make the decision to do the healthy thing every time."

↑
HOLLY CORTÉZ

Harvest, Alabama

Gig: Computer systems analyst

PHOTO BY JOE CALDERON



STATS: 41 • 135 LB • 5'4"

● **TRAILBLAZER:** Melissa Marks is a teacher at Rio Rancho High School and also strength coordinator for the school's varsity football team. "As of right now, I'm the only female on a varsity football staff in New Mexico," she says. She trains alongside the football players, using high-intensity intervals to help them get conditioned for games. Plus, she enjoys weight training and finds it rewarding to show the football players how to lift the right way. "I love showing the football boys proper form and seeing them improve," she says. When she's digging deep to get that last rep, she's motivated by hearing the football players say, "Come on, Coach, you got this!"

● **RAISED ON THE FARM:** Marks credits husband Nathan Marks and daughter Madisynrose with helping to keep her on track with her diet. "My favorite fitness-minded dinner is beef with sweet potato, I guess because I grew up on a farm," she says. Her greatest challenge in the gym comes in the form of pull-ups. "Pull-ups are a love-hate thing for me. I love that I am getting stronger, but I hate that I can only get two or three on my own," she says. She's proud of the muscular development in her back. "The definition shows the years of hard work on the farm," Marks says.

● **ALL IN:** "I love that I am a 41-year-old wife, mom, teacher, football strength coordinator and figure competitor," she says. "I love that I can be an example to women that you're never too old."

↑
MELISSA MARKS

Rio Rancho, New Mexico

Gig: High-school science teacher

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Become a trans-former

Try these supplements to reveal the new you — one that has much less body fat. **By Adam Gonzalez**

➔ You know that two of the keys to successful body-fat reduction are to make modifications in your nutrition and training program. In addition, though, you should institute a supplement regimen that supports your goal while preventing you from feeling hungry or lacking in energy, either of which will ultimately undercut your fat-loss success. Trans-Form from Divine Nutrition contains many individual supplements that address different aspects of body-fat reduction, including boosting metabolism and encouraging greater release of fat from storage. Here's more about the supplemental ingredients that Trans-Form provides and how these supplements work in multiple ways to help you succeed on your fat-loss program.

* Mobilize stored fat with yohimbe and caffeine.

Supplements such as yohimbe and caffeine, found in Trans-Form, encourage your body to release more stored fat so that these calories can then be used to fuel activity. Yohimbe is a potent fat mobilizer, meaning that it encourages your body to release fat already in storage. Yohimbe works by allowing your body to release more norepinephrine (AKA adrenaline), which ultimately encourages the release of stored fat. This helps protect lean muscle tissue while you cut calories to get shredded. You know that caffeine stimulates you, but it's also a potent fat mobilizer. That's because caffeine works at the cellular level to release additional stored fat. When you're trying to lose fat, this combo is one of the best ways to support your objective.

* Control your appetite with chromium picolinate and hordenine.

Trans-Form contains both these ingredients that support reduced appetite to help you increase your fat loss. Interestingly, these two work through different mechanisms. Chromium picolinate helps control your appetite by regulating insulin release. Insulin is a hormone that drives carbs and other calories you consume into fat storage. By reducing carb intake and your body's response to carbs, you'll encourage greater fat reduction. Hordenine is extracted from barley, grasses and other plants, and it helps control appetite by reducing gut activity. In other words, this supplement helps reduce hunger pangs. In addition, hordenine has been shown to boost metabolism and increase blood

flow, other ways this supplement supports fat reduction.

* Boost your metabolic rate with synephrine and white willow bark.

Another way Trans-Form helps you increase fat loss is by boosting your metabolic rate, the amount of calories your body naturally burns every day. Unfortunately, cutting calories reduces metabolism, so your body eventually accommodates to lower caloric intake without reducing body fat. But taking in supplemental metabolic boosters such as synephrine and white willow bark will help keep your metabolism revving. Synephrine, derived from *Citrus aurantium*, boosts the amount of calories you burn without increasing heart rate or blood pressure. White willow bark, which contains chemicals similar to those found in aspirin, extends the thermogenic (fat-burning) benefits of other supplemental ingredients found in Trans-Form.

* Increase energy and focus with beta phenylethylamine HCl.

You know the drill: When you cut calories to reduce body fat, you often feel sluggish and your workouts stink. Taking in beta phenylethylamine HCl (AKA PEA) helps prevent these unwanted side effects of your fat-loss program. PEA, found in Trans-Form, is a metabolite of the amino acid phenylalanine, which is involved in the production of brain chemicals that support fat loss by increasing your energy levels (norepinephrine) and sense of euphoria (serotonin and dopamine) to better tolerate low-carb diets. ●

START TRANSFORMING: Each dose of Trans-Form from Divine Nutrition includes all these supplemental ingredients in efficacious doses. For best results, take one capsule (one dose) of Trans-Form in the morning on an empty stomach and another dose about five to six hours later. After assessing tolerance, you can add another capsule to your morning regimen. But do not exceed three capsules in a 24-hour period. Drink plenty of fluids, especially water, while dieting and supplementing with Trans-Form from Divine Nutrition.

TIME OF DAY	DOSE (day 1 to 3)	DOSE (day 4 and after)
Upon rising, on an empty stomach	1 capsule	2 capsules*
5-6 hours later, early afternoon to midafternoon	1 capsule	1 capsule

*Note: Increase only after assessing tolerance. Some will be able to maintain the Day 1 to 3 level throughout their fat-loss program.

product talk

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Capture a moment of fitness inspiration in your day and share it with us! We want to know what gives you that moment of joy in fitness. It could be repping out in the gym, a swim in the pool or a quiet moment on your yoga mat after class. Share it with us on Instagram using #oxygenexhale and your photos could be featured in an upcoming issue of Oxygen.

THE FINAL STEP

For A Perfectly Lean Body

Do you struggle with shedding those last few pounds to accentuate your perfectly lean physique? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and definition. The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean and toned body.

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